



**ABUNDANCE OF LIGHT BOOK
WITH MACRO OF THE MOMENT CARDS**

ALYSSA MARY ROSE

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ABUNDANCE OF LIGHT HEALING TECHNIQUE

INTRODUCTION

Before we begin I need to explain my word for source, creator, love, God. I have referred to this power as Light Beings, please change this in your head every time you read, to whatever name suits how you think of this creative power.

Back in 2003 my life was radically changed as I was given a powerful healing technique by beings I perceive to be angels and spirit guides, who I will refer to as Light Beings. The technique I was given, I called "The Abundance of Light Technique".

Now there are various ways you can receive messages from Light Beings. The main way I receive messages is through Clair cognisance, which is basically thought. My clairvoyance or seeing was very minimal at this point so I developed this technique with this in mind. Many people are actually in the same position, they unknowingly receive many messages from their Spirit guides, or Light Beings, but because they don't see anything unusual they think that they have no Spiritual connections.

The Abundance of light technique took the simple spiritual tool of cord cutting and turned it into a very powerful tool of karmic healing. Cord cutting sounds vicious but actually, all it means is the dissolution of attachments. Attachments being any negative thought you have ever had about anything that in some way causes you pain and suffering. Any attachment filled with love will never be altered or cut by this technique; this love can only be enhanced by the removal of the negative attachments.

Attachments to negative events can cause pain and disease in our lives, it could be the death of a family member, an accident, a separation, any event really, and even happy events can be stressful. Cord cutting does not actually change any of these events, well in absolute terms, however it changes the way everyone views the event and the knowledge can be retained and the pain healed. This technique not only heals you, but all involved without you having to request this, the other people agree to heal on a higher unconscious level, all beings agree to some extent to be healed of their pain.

This technique was developed in a complex way, grouping together many similar attachments into what I call macros. For example all the attachments and experiences to do with war, would be grouped together into a macro called the war macro. When the request was given to cut cords with the war macro, all the memories or negative attachments to war would be healed. (As much as could be healed on that day anyway, we do have a limit as to how much healing we can accept at a time.) Some people might say I have never been through a war so won't need this healing, however we have all watched war on television and we have all fought with a child at school, it heals all scales of war and fights.

You no longer have to worry about this complexity in the technique, as using this technique has made it inbuilt to the intention of just using this method of healing. For

a whole year I gave healing to anyone who phoned me free of charge and set up a number of healing sites to distribute this healing gift I have been freely given. This has strengthened the Abundance of light technique to the point where you no longer have to say long prayer requests, just the simplest of pleas to whatever being represents the omnipotent power of love. In other words no matter if you are a Christian or a Hindu, all can use this technique. If you do not believe in God but you believe in Love, I would address the request to the power of Love. Whatever pain you are feeling, be it emotional or physical this simple little request will cover the lot.

Light Beings please cut the cords to ***** and all involved in this situation. Thanks be and may all energy released be changed back to love.

***** could be anything from a pain in the stomach, cancer, death, debt, or simply an inability to get to sleep.

You might think how can something so simple work, but lets face it, often in life simplest is best. One of the simplest affirmations I have ever heard is the most powerful: ONLY LOVE IS REAL, LOVE IS ALL I FEEL.

HOW CAN CORD CUTTING TECHNIQUES HELP ME?

Cord cutting is an energy tool that has been used to cut away negative attachments between people and situations since time immemorial.

I will try to discuss my philosophy and beliefs as little as possible. This technique as far as my experience as a healer goes, works for every being that is willing to try it. It does not matter what aspect of The Divine, God, Goddess, Love, Light, or Truth that you ask to do the cutting. This technique will work for you if you are a busy single mum, as I am, a guru on a mountain, or a prisoner in jail. The reason I will try to discuss philosophy as little as possible is that most of the time it creates division between us, rather than unity. You might read what I have written and think I do not believe that and consequently write off the whole technique as impractical, which it certainly is not, it is one of the most practical spiritual tools I have ever come across.

This technique can lead you to major realisations relatively fast, however The Divine will never let it happen faster than you can cope with, you are totally safe and totally protected by love. Do not worry about causing harm to either yourself or others, inbuilt into this technique are many fail safe measures. Until you have been healed sufficiently to see the truth of a particular situation, universal energy cannot be directed through you to cut cords for others. For instance say you decided you wanted to cut cords for a friend with greed, but with the idea in mind, that once cut, this friend would give you something you wanted, well it would not work because before you can cut for your friend and greed, you have to be relatively free of greed yourself. When remote cord cutting is done, always the higher self is consulted and although you might not consciously be aware of the fact, your higher self has consented to whatever healing you need or it cannot take place. Healing happens at all levels every day, when you smile at the person you buy your bus ticket from you help heal them

and make their day worthwhile. Whenever you express love and truth you are healing yourself and the world.

WHAT IS CORD CUTTING?

You develop an attachment to everyone you meet in life, read about or think about. Without labelling this attachment as either negative or positive it can be seen as an energy pathway between you and the other person. This cord acts as a pathway for your emotions and energy.

Love can find someone anywhere in the universe and travels along another pathway that only love can travel along, while the cord of attachment only carries energy that depletes you and the other person, so it is of great benefit to both of you if this pathway of attachment, this cord, is cut after any interaction.

Cord cutting between you and any problem makes the problem dissolve and the solution appear like magic, because what you have done is relaxed, stopped fearing and passed it over to your higher self and the divine, who not only already knew the solution, they also knew there was no problem in the first place.

These cords can be seen by people who can use their third eye in this manner, as a cord of light attaching you and the other person. If this person is somebody who you have a large attachment to, for example your father, there will be a very large thick cord attaching you to each other. There are a few types of cords: there is the etheric cord which attaches your etheric or spirit body to your physical body. This cannot be cut until it is time for your physical body to die. There are the cords of attachment that we are talking about. Lastly there are cords of love. When I say love I mean real, unconditional love, the only thing that is real and these cords can never be cut. I have tried to cut them when I did not know what they were and they just bounced as I tried to cut them.

Have no fear you can't lose love, love is what keeps us all alive, makes up the universe, it is the only thing that is real. The cords of love between you and God and any being cannot be cut, for those that can see them they are Golden. There are cords we call love, which are actually conditional, which you can cut and it is desirable that you cut at the right time.

We also develop these cords between us and emotions, thoughts, situations, objects and basically anything that can be conceived of as a thought.

Even though I keep saying when you cut the cords, you are not actually cutting anything, you are just asking the Divine to cut the cords if you and the other being are ready and to cut only as much of the attachment as each individual can cope with.

Cord cutting has immediate and practical results. For instance if your child falls over and bumps his knee and you cut between your child and pain and suffering, immediately the child will stop crying or at least calm down, something further may need to be done about the knee but the cord cutting provides instant relief.

When cords are cut they do leak energy especially if they are very large, which leaves you feeling very drained and nauseous, so you must put the intention into the cord cutting prayer to heal and transmute any energy for the highest good. Always at the end of every cut I ask that all be healed and all energy to be transmuted to love.

Another thing you need to do when cutting a lot of cords is to make sure you and the beings you are cutting for are grounded. The reason for this is, that as these cords are cut, an amazing amount of energy that has been locked up into fear, is released and if you are not grounded (any excess energy is taken by mother earth for her highest good), this energy can leave you feeling very light headed and disconnected from the environment.

I do believe reincarnation is a reality and this technique has cleared away enough old issues that I have remembered many past lifetimes. Friends who have also been using this advanced cord cutting method have also experienced many flashes of past lives as they have been cutting various cords. These flashes help you to realise more issues that you need to cut cords for. As you deal with the problems and lessons of this lifetime so you are more ready and equipped to deal with the lessons of other lifetimes. However saying this it does not matter whether you believe in reincarnation or not, because this technique works in the here and now and will help you deal with all the lessons and traumas of this lifetime.

MACROS

Background on Macros

One feature of this technique that has been channelled to me is the concept of macro cord cutting prayers. Macro is actually a word borrowed from mathematics or computer programming. A macro is a short command for a very long sequence of commands and directions.

I and many others have developed very long lists of cords that need cutting and then grouped them together and called them a short name. All you have to do to invoke all these cords to be cut for you, or whatever is relevant in the list, is to say the name of the prayer.

The cord cutting macro prayers, include many things, some things you will think, I have never had a problem with that, the thing is even if you have only ever thought briefly about the subject or have heard about it, you have some kind of attachment to it as you have probably made a judgement about it. It is safer to try and cut something than not cut and leave a cord uncut because you refuse to recognise that there is a possibility in the past you have been attached to it. If there is nothing to cut then nothing will be cut. You cannot make a mistake as long as you include the intention to do what is for the highest good and the intention to heal and ground the beings being healed.

The attachments that you have built up over lifetimes are like lines carved in rock or huge tree trunks, it is very unlikely, when you cut them, that you will be ready to release the attachment all at once. This is where the cord cutting macro prayer becomes very useful. When you say the cord cutting prayer and use for instance the sexual prayer between any people you have ever been intimate with, your higher self will decide what issues from sexual prayer you need cutting with at that particular moment for your highest good.

When I first channelled this technique, I spent hours cutting great lists for everyone I knew and after a very short time realised, that this was ridiculous, God knew what I was asking for so I labelled each list with a prayer name so I would know which one I was asking for. In this way when you say the name of a prayer and either use the chant to cut or not, it allows Love and Light beings to cut within that prayer whatever the person most needs at that particular time. This means you do not have to know the person's particular problem you can just use the name of a macro you feel is appropriate. Below is a list of the first macros I wrote since then there have been major advancements in the macros. Ision, who is bringing out a book on how to heal with advanced macro card readings, has used macros in an amazing way to bring about very precise healing using different combinations of macros to heal. Many of the macros in the list are his creation and for more details you will need to look out for Ision's book.

I have over the years written many personal macros for people. I used these as a base for the creation of my Macro of the Moment cards.

Individual Macros

Death and Torture Prayer

Between the being or beings in question and for all the beings this was done by or done to and any other cords they all need cut for their highest good to effect healing. Also between beings in question and the trauma of watching any other beings tortured or killed and cords for any of them that need cutting for their highest good: - Survivor guilt, guilt about any of these acts and forgiveness and self forgiveness, hanging, drawing, quartering, being pulled limb from limb, flaying flogging, stocks, humiliation, degradation, slander, blackmailing, defaming, all types of harm inflicted. With any type of torture instrument or machine, boiling or freezing or injurious liquids of any kind used in any way, burning, suffocation, drowning, gassing, freezing, burning alive, bleeding, puncturing, infestation, causing infection, death or harm by magic, witchcraft, voodoo, crushed, eaten, cannibalism, death by experimentation, ripping out of body parts, poison, death by the thousand, garrotting, sword, knife, lance, arrow. With all types of severing or puncturing, guillotine, being blown apart, nuclear bombs, radiation, chemical warfare of any type or any type of harm inflicted by any type of chemical, bombing, blasting, entombment, starvation, dehydration, cooking, heat exhaustion, disease, neglect, alcoholism, self inflicted harm death. With addiction or abuse of any kind, drug overdose, rape, burning pokers, chopping off of any body parts, branding, emotional mental or spiritual torture of mind in any form that causes harm, shock, exhaustion, broken heart, catatonia and results of such. With childbirth, abortion, miscarriage, old age, being unable to carry out normal body processes eg, breathing or elimination thereby, killing or maiming, solitary confinement, imprisonment of any kind, possession or exorcism, deprivation with intent to torture or kill, impregnation with intent to harm, problems that harm by processes of disease or pregnancy. With implants of any kind with intent to harm, tattooing or marking with intent to harm, falling bullets and kind of object entering the body etheric or physical with intent to harm or kill, vehicle crash. With any kind of space induced or related harm, animal crushing eating or the same by any type of being to any other type of being, being propelled or thrown, sacrifice, submersion, of suffocation due to unnatural habitat, tearing apart, lightning strike, volcano, lava, ash, tidal wave, tornado and any kind of natural disaster or event even if precipitated by other beings, suicide, electrocution, overeating, food poisoning, autosuggestion with intent to harm, crucifixion, chasing causing fear of being stalked or harmed. With World wars, all types of wars of battles, skirmishes, harm while hunting or in the pursuit of any kind of work or entertainment or daily living activity, mutilation of any kind, inquisition, burnings, persecution of any type for any type of belief or circumstance, sterilisation with intent to harm, removal of shelter or possessions causing harm or death, inducement to madness, disablement, beheading, murder, vengeance, spite, retribution, martyrdom, slave trading or any involvement in slavery, punishment and any other type of harm or death by the grace of god.

Householder's Prayer

For the beings of any household throughout the lives and all the beings they shared the house or any other type of dwelling and surrounding property, land with and any cords they all need cutting for their highest good also :- Responsibilities and actions of a sexual nature between partners and any other being within household, any aspect of sex and power and control, shared responsibilities and actions as a parent for

children or any other being, for morals sexual behaviour, responsibilities and respect. With power and control and balance of decision making powers, orders and hierarchy within the group sense of family and belonging. With responsibilities and actions and all the emotions and challenges that go with being main breadwinners, defenders of the group. With management of family day to day decisions and economics. With management and control of other beings lives and decisions made concerning their lives and welfare. With discipline, reward, punishment, livestock responsibilities, the actual state and welfare and condition of the supported beings. With Beings of power, elementals, spirits, deities, etc. attached to the household or householders or land. With Responsibilities and actions for nursing or last rites or any ceremonial, conciliatory duties of any of the householders. With various livelihoods engaged in to earn money or resources for the household. With single parent dilemmas or the challenges of abandoned siblings taking care of children on their own. With issues concerned with how the family and family relationships, lineage, actions, social status are viewed by the wider community and society and also within the household group. With the physical jobs and work required by each member for the running of the household, eg. Child rearing, housecleaning, cooking, animal husbandry, veggie growing and processing, budget, paperwork, religious observances, education, entertainment, childbearing. With any fights, violence, friction, abuse, forgiveness, self-forgiveness experienced or required. With healing, harming, killing, security, protection issues, military service duties, clothing textile responsibilities, making or bartering for such. With moving of household, maintenance of dwelling and group possessions, livestock, transport and such. With civic and community responsibilities, organization of food supply, responsibilities for procurement, distribution, maintenance, use and disposal of possessions. With power and status of family group within the wider community or lack of status power, state of servitude, issues of abuse, imprisonment and the effect on the group and issues of addiction to anything within the group and its effect on the group or of disability of any kind issues of fairness, unfairness. With entertainment, leisure time, social grouping, schooling. With exercise habits, sleep patterns, health or illness, body image of members within the household and effect on other members. With all emotions experienced with every other member of group. With truth, lies and secrecy within the household, communication of any type within household and with the wider community and between God. With dependence, independence, support, lack of support, criticism, praise, love, hate, trust fear, separation, abandonment, betrayal, of or between any members of household. With death illness, injury of, birth of, addition of another household member. With resource management and distribution, use and abuse of resources within household and competition for. With likes, dislikes, lessons learned with other members of the household. With preference of food or necessity of different food and any difficulties or frictions this causes. With giving and receiving within the household, greed and generosity, whether the individual is a hard worker or lazy and any frictions or disproportion of work as a result of attitude. With being told what to do and telling others what to do, orders of any kind within and without of the group. With how neat and tidy, clean the individual is and how that affects the others.

Life Prayer

This prayer works best if you cut between being or beings in question and each country, as you remembered different lives you could probably narrow it down to localities, it also works if between a few different people/beings you say life prayer

and any countries they have lived in together. (Many people get past life flashes as they use it with different localities) Across these countries, across all time and space, name and boundary changes, for the being or beings in question and the beings who the specific cords are attached to, for higher selves and incarnations and separately and any cords they need cut for their highest good. Between social, economic, religious and political laws, expectations and systems of control. With lifetimes spent, lessons learnt, friends, family, community, workmates, employers, masters, mistresses, employees, slaves, servants, enemies acquaintances, clients, customers, service providers, animals, working animals, pets and wild animals, deities, elementals any aspect of God interacted with in this or these lifetimes, all beings interacted with. Between language, occupations and service, political leaders, parties, ideologies, kings queens and rulers, aristocracy, chiefs, religious leaders, traditions, culture, major events, battles and wars, feuds and vendettas, laws, government, council, money, systems of exchange and barter, economics, resource availability and competition for resources. With popular reputation and beliefs about the country, inhabitants and practices. Between genders, psychic beliefs and gifts, the type of being the being is in question and therefore the interaction with all other types of beings, instinctual behaviour, intuition, the 6 senses, body type and image, tolerance of beliefs and other beings, barter and payment, children/offspring, dependants, family, pack, clan, tribal structure and the beings place in the hierarchy, social interaction, social norms and expectations, parenting, marriage, partnerships, divorce, separation, relationships, communication, fertility, infertility, sexual intercourse, sexuality, sensuality and sexual preferences. Between clothing, textiles, adornments, freedom of expression and information, food, usual dishes, preparation and production, social rules for distribution and order of food consumption, beliefs concerning death and birth, ceremonies like burial and baptism, religious worship, religions, spiritual practices, places of power, scriptures any type of written or oral information, teachers of all kinds, education, punishment/reward, war, violence, crimes, health, status, possessions, wealth, gift giving, receiving, geographical identities, climatic conditions, nature, oceans, rivers, deserts, mountains, lakes, valleys, plains, forests, deserts, climatic conditions, flora, fauna, animals, birds, aquatic life, etc. towns, cities villages dwellings, monuments, historic landmarks, buildings, architecture, power places, transport, communications systems, armed forces, law enforcement agencies. With emergency and medical healing services, systems of healing, healers, medicines and healing beliefs, possessions, superstitions, taboos, symbols, myths, parables, fables, stories, beliefs about life after death and with spirit interaction, festivals, celebrations, ceremonies, anniversaries, music, dancing, singing, art, leisure activities, social activities, creative pursuits. Between trade systems and structures, taxation, social welfare, philosophy, religion, history, teachers, masters, literature, wisdom, prisons, castles, infrastructure of any kind, places of healing, execution, burial and birth, corruption, political intrigue, values, humanitarian and environmental beliefs and practices, cults, organizations, indigenous peoples, immigrants, social groups and groupings, competitions, sporting and other competitions and pageants.

Livelihood Prayer

The best idea for dealing with issues of livelihood is to cut individually between you and any career, job, part time job, Saturday job as a child, any job or career you have ever been interested in or really hated the thought of. This will probably pick up quite

a few of the things you have been involved in, in other lifetimes, for example if you are interested in journalism or writing maybe you had a clerical position in lifetimes past, If you are really scared of going underground or into mines maybe you were a miner in lifetimes past. Between the being or beings in question and any type of livelihood, also between and for any being they worked with or for and any other cords they all need cutting for their highest good, also any aspect of relationship / life / householders /sexual /death and torture prayer that is relevant to the work carried out or the relationship to other workers, bosses, clients, and suppliers. Between fears and hopes to do with financial, emotional, physical rewards and punishments. With worry and fear of/and actually losing job, promotions, and demotions. With truth, lies, trust, distrust, forgiveness, self-forgiveness in the workplace. With fair and unfair practices, remuneration, working conditions, deaths at work or as a result of, unsafe and dangerous conditions and situations, disablement, injury and abuse in the course of work, death and killing at work or causing harm of any kind or encouraging in any way other beings to harm. With anything felt to be won or lost in the course of work, with boredom, depression, pain and suffering of any kind due to work in any way. With happiness, enjoyment and creativity experienced in any way due to work. With greed, amassing of wealth, workaholism or any kind, sloth and laziness. With subsistence agriculture, nomadic hunting gathering, commercial agriculture, animal, fish etc, husbandry of any kind, herb lore, healing of any kind in any capacity, household organization, cleaning, production of anything, primary, secondary and tertiary. With marketing and all service industries and positions, defence, army, navy, air force, space related industries of any kind, service of any kind including domestic or religious or any type of non paid or voluntary work/service. With slavery, prostitution, forced labour of any kind, home duties, childrearing, experimentation and research and development of any kind. With information gathering or dispersal of any kind, any organisational job, any nautical or water related job of any kind including sanitation, waterworks, or food production that is water related. Any kind of aviation related work, transport related work, travelling services, entertainment, and hospitality related work, also personal services of any kind. With any illegal work of any kind e.g. Arms running, drug production and distribution, blackmailing, stealing, etc. With banking, being a pawn broker, tax collector, governmental and royal posts, and law enforcement agencies. With any work related to being famous, a role model, teaching of any kind, student or apprentice of any kind, emergency services of any kind any work related to maintaining infrastructure or social order. With any religious or spiritual related work. With any other types or work, profession, service by the grace of God.

Relationship Prayer

For the beings being cut for and for any being affected by their relationship and any cords they need cut for their highest good:- whatever type of relationship, be it family, work related, enemies, friends, servitude, slavery, acquaintances, teacher, student, lover, dependent, carer, ruler, dictator, underling, any type of relationship:-shared relationships of any kind shared responsibilities, family or otherwise, shared beds, sexuality, house duties, livelihood, employment, service, dwellings, possessions, bodies, emotions, life lessons, learning, entertainment, children and responsibilities for, childhood, food, experiences, memories, interaction of any kind, traumas, ideas, philosophies, music, culture, literature. With income, wealth, poverty, money, resources, bills debts loans, curses, deaths, births, physical pain, disease, spiritual

mental or emotional pain and suffering, any other type of sensation. With religions, Karma, worship, locations, countries, magic, secrets, knowledge, wisdom, truth, lies, power or lack of, decisions, imprisonment, freedom, gifts, psychic gifts, illusions, agony, ecstasy, sadness, sorrow, tragedy, boredom, excitement, futility, depression, doom, joy, happiness. With drugs, recreational activities, enjoyment, sports and competition, accolades, honours. With indignities, tortures, humiliation, transport, travels, expectations, dreams, fears, nightmares, care and responsibilities of any other beings, atrocities, sins and virtues and any other cords that all need cut for their highest good.

Sexual Prayer

For the being or beings in question and between the following as doer or done to or witness and for any of the beings involved or effected and any other cords they need cut for their highest good :- defilement, rape, immodesty, modesty, exhibitionism, grossness, bawdiness, smut, obscenity, obscene literature, erotica, porn, blue films, snuff movies, skin flicks, promiscuity, wantonness, amorality, lust, sexuality. With carnality, sensualism, lewdness, debauchery, licentiousness, seduction, defloration, lechery, fortification, whoring, screwing around, extramarital relations, incest, perversion, paedophilia, pederasty, buggery, sodomy, bestiality, salyniasis, priapism, nymphomania, adultery. With unfaithfulness, eternal triangles, liaisons, intrigue, seduction, wife swapping, ravishment, polygamy, monogamy, violation, indecent assault, gang bang, sex crime, sex abuse, prostitution, soliciting, indecent exposure, pimping, brothel keeping, living on immoral earnings. With white slave traffic any slave traffic for sexual purposes, all sexual put downs insults abuse, virginity and loss of and fear of loss of, celibacy and enforced celibacy, spinsterdom, bachelorhood, vestal virgins, sexual harassment, wedlock, marriage and sexual obligations or rights, divorce and sexual issues related to, children from various fathers and any social opinions of. With coitus, homosexuality, lesbianism, orgies, bacchanalia, any ceremonies or celebrations where sexuality is involved, oral sex, anal sex, necrophilia, deviance, escapism, voyeurism, bestiality, bisexuality, sapphism, fetishism, sadism, masochism, sadomasochism, transvestism, hermaphroditism, impotence. With fertility rites, frigidity, perversion, sexual torture, killing maiming and harming with any sexual intent, phone sex, cyber sex. With any type of sexual cults, Tantra, fertility, infertility, intercourse for means of procreation, orgasms and ecstasy to agony, sensuality, amorousness, massage with sexual intent, sexual fantasising, sexual dreaming, prick teasing, flirting, sexual acts with any beings or objects, masturbation, fingering, dominatrixism. With femininity masculinity any aspects of gender and gender acceptance, sexual organs and body image, foreplay, titillation of any kind, brothels or any place where any sexual act is carried out and any cords that any beings connected with that place need cutting for their highest good. With abortion, childbirth, birth and death breastfeeding, sexual sharing, jealousy, forgiveness and self forgiveness for any sexual act, premature ejaculation and inability to orgasm, vows of celibacy or any other type of vows related to sexuality and any other cords related to sexuality for any beings effected by it by the grace of God.

RSCR Prayer (Rituals, Ceremonies, Scriptures and Religions)

For the being or beings in question and between or for the things in question themselves and any member of any religion, spiritual collective, any type of paganism

or animism participated or believed in, any scriptures and oral traditions handed down through all time connected with any group, also between any religious/spiritual symbol, icon or sacred object related to these groups and for the beings who used these objects, between and for any for any beings who were associated with them in the worship and practice of said religions, spiritual groups. Between and for any aspect of God/Goddess or worshiped being associated with said groups. Between any act of power or magic carried out by any of said beings and any cords that need cutting with this for all beings highest good, between any ceremonies or rituals carried out by any of said beings and any cords that any being needs cut in connection to this for all beings highest good.

Sacred Sites Prayer

For the being or beings this prayer is being used for, all the beings that maintain the power at the site, for all beings or various sects, cults, religions that have been associated with the site, for all beings associated with any traumatic event enacted at the site and any being attached to the site for whatever reason if it be not of their highest good that they are attached let the cords that bind be cut, between any artefacts or objects removed or connected with the site and for the beings that are connected with them it is asked for all these beings that life prayer be used for any lifetime with a connection to this sacred site, it is asked that relationship prayer be used for any relationship in connection with beings in connection with this sacred site, RCSR prayer (rituals, ceremonies, scriptures and religions) for any of the beings with a connection to the site in question, also for all the beings and (higher selves and incarnations) between the site itself and any cords all need cutting for their highest good.

Usual Suspects Prayer

Between the being in question or beings and God, Father, Son and Holy Spirit, Spirit Guides, animal guides, AAMichael, AARaphael, AAFaith, Mary, AAGabriel, AAUriel, AAZadkiel Guardian angels, elemental guides, star guides, Ascended Masters and basically any being designated to help the beings in question across all lifetimes and time and space, also between Satan, Lucifer and Lilith, any depictions of the dark side, Demons, Werewolves, Vampires, members of the Black Brotherhood or any other group that practices or ever has practised the dark arts and magic and power intended to harm, any cords all these beings need cut for their highest good and if for their highest good, relationship prayer between being in question or beings.

How to use Macros

It is not necessary to know all that is included in each macro, all you need to do to make them work, is say your prayer with that name in. E.g. ***“Light beings please cut the cords of Death and Torture prayer between me and my family. Thanks be and change all energy released to love.”***

It can be as simple as this and it is not necessary to recite the whole list of issues that are described in the macros itself.

<http://abundanceoflight.com>

Many more macros have been developed and for the latest information on macros refer to my website. The website address for the macro of the moment cards is

<http://abundanceoflight.com/aolmacrocards.html>

The most important and relevant macros were developed first and a list of many more follows below. Explanations of their meanings can be found on the website but, as discussed earlier, it is not necessary to know exactly what is in each one.

List of Common Macros

DEATH AND TORTURE PRAYER,
HOUSEHOLDERS PRAYER,
LIFE PRAYER,
LIVELIHOOD PRAYER,
RELATIONSHIP PRAYER,
SEXUAL PRAYER,
RCSR PRAYER (RITUALS, CEREMONIES, SCRIPTURES AND RELIGIONS),
SACRED SITES PRAYER,
BUSINESS SUCCESS PRAYER,
WEALTH AND PROSPERITY PRAYER,
FOOD PRAYER,
GRIEF PRAYER,
PSYCHIC PRAYER,
TWIN FLAME PRAYER,
HIGHER SELF PRAYER,
NEW HOME PRAYER,
WAR PRAYER,
SLEEP PRAYER,
MASCULINITY PRAYER,
KUNDALINI PRAYER,
IMPATIENCE PRAYER,
DIVINITY PRAYER,
TECHNOLOGY PRAYER,
WEIGHT PRAYER,
PHOBIA PRAYER,
FEMINITY PRAYER,
UGLY FEELINGS PRAYER,
PEACE PRAYER,
INNER CHILD PRAYER,
MOTHERHOOD PRAYER,
CEREMONIES,
CELEBRATIONS AND FUNCTIONS PRAYER,
SOUL CONTRACTS PRAYER.

ABUNDANCE OF LIGHT TECHNIQUE: TUTORIALS

Tutorial One: The Basics

Getting Started

When I first developed the Abundance of Light technique and started doing regular healings by phone, I realised there were quite a few cords that everyone needed cutting quite regularly. I developed and refined this list over two years and called it the first time healing. However it does not matter how many times you do it on yourself or others, most times you can find some negative attachments to cut.

This is where the chanting method of cutting cords can be very useful. If you use the chanting method you will see or in this case hear, how the number of times you can say the chant rapidly decreases the more cords you cut. When you can not say the "the chant" anymore you have used up your healing allowance for that day. If you use this URL <http://abundanceoflight.com/aolpage2.html> and then click the ONLY LOVE IS REAL BUTTON below and it will bring up one of the first time healing cords randomly. I will give the following advice, if you come up with the same card or cord twice you have probably had all the cord cutting you can take for one day. However having said all this you can not go wrong if you cut all of them once a day because you will only be healed of as much of these attachments as you can bear to let go of at one time. Another reason you may not be able to cut much on these first time healing cords is that you have to now get more specific. Try the single cords and see what type of a cut you get on those. Just hit the REFRESH button on the browser window to pull more cards.

Some might ask; "how can it be possible, that you do not want to give up all your pain at once?"

Attachments to negative events can cause pain and disease in our lives, it could be the death of a family member, an accident, a separation, any event really, and even happy events can be stressful. Cord cutting does not actually change any of these events, well in absolute terms, however it changes the way everyone views the event and the knowledge can be retain Have you ever thought about a prisoner leaving Jail? Those prisoners that have been in there for a long time do not know what to do with the freedom and find it very confronting to have to now make decisions and choices themselves. We do the same thing in our minds when we are freed from restrictive beliefs. Sometimes we have to let go very slowly or we lose a sense of who we are and that can actually increase fear if it is done too quickly.

Ok time to get to the First Time Healing. You can say each of these cord cutting requests in any order you feel led to. If you feel light headed or sick, it means you have released too much energy at once and need to ground well. If this happens, go and drink some water and if you can, have a short walk outside before continuing with the healing. When you cut all these cords you might find at the end that there are soul fragments to come back to you, but this will be addressed in the next tutorial.

Abundance of Light First Time Healing

Beings of Light I am asking that if anything has been taken away from me across all time and space, that it is now given back to me in perfect condition. (This might be skills, power and knowledge. I have never heard it being a pot of gold, mores the pity.) If anything has been implanted that is not of the highest good, let it now be removed and appropriate cords cut between me and any beings responsible for implanting it. Thanks be and please change any energy released back to love.

Beings of Light please cut any negativities, leaving only love, between me and any aspect of God or Goddess I have ever worshipped or feared and with any blockages I have ever had between me and the source of Love and Life. Thanks be and please change any energy released back to love.

Beings of Light please cut and cords between me and any fear of devils, entities, demons, concepts of hell, sin and damnation, magic including all black magic, promises, vows, contracts, debts and loans. Thanks be and please change any energy released back to love.

Beings of Light please cut the cords between me and all fearful deaths, all fear of dying in whatever way and fear of others dying and the pain and suffering involved. Thanks be and please change any energy released back to love.

Beings of Light please cut the cords between me and all fights all wars, all persecution and torture, all those killed and any being harmed by me, with all slavery and imprisonment. Thanks be and please change any energy released back to love.

Beings of Light please cut the cords between me and guilt, unworthiness, self hate, self love, forgiveness, self forgiveness, self harm, suicide, self sacrifice, victim hood, powerlessness and any time I abused power, status or position. Thanks be and please change any energy released back to love.

Beings of Light please cut the cords between me and all death decay, old age, fear of separation, abandonment, grief, illusion of loss of love, sorrow, pain, suffering, tears cried and any cords that loved ones who have passed over need cutting for their highest good. Thanks be and please change any energy released back to love.

Beings of Light please cut the cords between me and all lovers and those I have been intimate with in thought, word or deed. Thanks be and please change any energy released back to love.

Beings of Light please cut the cords between me and all children I have ever had or had in my care, with all harm and death during childbirth and pregnancy and with the death of any child and all associated guilt, blame and unforgiveness. Thanks be and please change any energy released back to love.

Beings of Light please cut the cords between me and all periods of time and history, with meditation, astral travel and all fear of losing self. Thanks be and please change any energy released back to love.

Beings of Light please cut the cords between me and all religions, philosophies and spiritual paths, with all traditions, all observances, or lifestyles, with all techniques, teachers or pupils. Thanks be and please change any energy released back to love.

Beings of Light please cut the cords between me and all addictions, sex, drugs and rock and roll and the withdrawal from all said addictions. Thanks be and please change any energy released back to love.

Beings of Light please cut the cords between me and all sexuality and abuse. Thanks be and please change any energy released back to love.

Beings of Light please cut the cords between me and all fear of lack, be that money, support or love, with all possessions, wealth, status, power and objects of power. Thanks be and please change any energy released back to love.

Beings of Light please cut the cords between me and Mother Earth, fears concerning the environment, all Mother Earths inhabitants, all the elements and with any fears concerning earths future. Thanks be and please change any energy released back to love.

Beings of Light please cut the cords between me and all jobs, work, livelihoods, with all the places I have ever lived or worked and with any beings I have ever lived or worked with. Please also clear all those places of any negative energy and change any energy released back to love.

Beings of Light please cut the cords between me and anything else I need so that I may be freed from all fear and know that I am totally safe, protected and loved. Thanks be and please change any energy released back to love.

If you would like to use the online first time healing cards go to <http://alyssamaryrose.com/aolpage2.html>

WHAT I AM HERE TO BE IS LOVE
HOW I EXPRESS THAT LOVE IS THE JOURNEY

My Spirit helpers

Raphael (Archangel) I call on Raphael because he is the head healer in my books. His green healing light is the same as greenery and growth. He is actually known as the guardian of the Tree of life and humanity.

Michael (Archangel) is my rock, my shelter in a storm. Michael is my protector and taught me how to protect myself with the abundance of light cord cutting technique. Michael is a very good angel to have around any time and he's my spiritual bouncer and doorkeeper.

Gabriel (Archangel) has been seen as female or male depending on the era. Personally to me she is female and she is the angel to call upon to help with all communication issues, and the ability to see somebody else's predicament, so understanding of human nature.

Uriel is wonderful with deeply disturbed beings, he is so compassionate. If you need help healing an abuse issue, i.e. the ability to forgive, Uriel is the angel to call on.

Metatron is the technical minded angel and he helps me understand all highly technical information either spiritual or physical. He is helpful with children, especially ones who are having a hard time making themselves understood.

Chamuel, I love Chamuel, he is the most wonderful being. Every time I lose something or somebody else does, even information or a memory, I call upon Chamuel and there the thing is sitting right in front of you. I say his name and you can guarantee I either look directly at the item I have lost or I am shown a mental image of where it is.

St Germaine and his purple cleansing flame is fantastic to have on call. He helps you get your head around tricky esoteric information and helps cleanse your ideas of all fear.

Azrael, has been called the angel of death, but this is not because he brings death, no, he helps aid all over that transition period and to let go of the grief and sorrow.

Ariel is the angel to call upon if you want to see more clearly what to do in a situation, Ariel will give you a spiritual view point of the problem. Also this angel will help you increase your spiritual gifts.

Sandalphon is such a gentle angel, if you need comfort or a shoulder to cry on and also some help with finding the beauty in life, Sandalphon is there to help. He is also able to help you laugh again; he loves to entertain and please.

Zadkiel helps me out of dark places. He helps me find a space of gratitude and happiness again. He helps me remember what it is to be a child again, a happy child and just to laugh and dance. Zadkiel will help you prioritise your life again and find out what makes you happy.

Haniel is an angel of grace and beauty and when it has been lacking for a while in your life Haniel is good to call on, she also helps you manage difficult social situations with grace.

Sophia helps me with difficult group situations, she has great advice with how to make people feel love and wanted and listened to within a group. She helps us value ourselves and in so doing value everyone else in the group.

Tara is the goddess from Buddhist tradition, mother of all the Buddhas. Tara for me is a wonderful motherly figure with immense power. She can be called on for help when any situation requires wisdom and compassion. So in other words it pays to call on Tara at all times.

Danu is the Celtic equivalent to Tara. However when I call upon Danu it helps me also remember my connection to mother earth and Danu can really help with grounding which is essential for spiritual health.

Vishnu is a divine creator, a God and helps all even if you are not Hindu, as do all other aspects of God or Goddess. When you are in need of powerful creative forces call on Vishnu.

Ganesh is my friend, so many times he has carried me on his back when things have been hard to take. He clears all obstacles in your path and is a great friend to have around.

Mary what can I say she is wisdom, compassion. For her, only love is real and she is my teacher and best friend. Without her I would know none of this, because of Mary this technique is here for you to heal with.

Christ is my brother, Christ is always there for me, I love Christ as I love myself.

Tutorial Two: Energy Tools

You do not need strong clairvoyant abilities to use energy tools. I have always been interested in pendulums and used to accurately tell people the sex and number of children that they had and were going to have, with a pendulum. The way I did this was to hold the pendulum over the person's hand and ask my guides to show me how many children with girls being a round and round swing and boys being a backwards and forwards swing. The pendulum would slow down and then start up again as it finished each child. This method also picked up miscarriages and deaths, so this has to be taken into account. The live births that had already happened tended to produce a much larger swing.

A pendulum can be a fancy ready made crystal on a chain or as simple as a teabag. Personally I use whatever necklace I happen to be wearing but many people find they have to be tuned into the energy of their pendulum. A good friend has bought me a lovely faceted rose crystal pendulum for Christmas so I have put this on a necklace chain, that way I get the best of both worlds and always have it to hand when I need it.

I used my pendulum to help me in regard to questions about people's past lives. Although I have not mentioned past lives much (this is deliberate so those that do not believe in them are not repelled from this technique) the Abundance of Light technique is excellent for healing any ill that stems from past lives. You do not need information from past lives to heal them, sometimes it is actually better to leave it alone as people can get fixated on what past lives they have had.

Pendulums have had some negative reviews as energy tools because they can be unreliable. Now I need to explain what I mean by unreliable. First of all you must make sure you only have beings of the highest order giving you answers through your pendulum. I strongly suggest the highest identities in whatever strain of spirituality you have most affinity for. For me this is the ascended masters like Christ and Mary and the arch angels. This is actually the equivalent of blessing the pendulum and should be done every time you use it. Now the second reason that this tool could be unreliable is because you have too much attachment to the answer. An example here would be if you were asking for the lotto numbers or if you are going to marry your partner. However I have found it very reliable when used as a tool to find out information to help heal people including myself. If you are a wee bit attached to the answer, it would help if a friend who is not attached to the answer asked the questions for you.

The way the pendulum works in regards to what is a yes, no or maybe answer depends on the user. However you can stipulate how it works for you if you choose. For me round and round either direction is yes and backwards and forwards is no. No movement at all is telling me I am not supposed to ask this question and all over the place is refine your question. This brings me to the point that the skill of pendulum questions is in the asking. In the following tutorial I will list helpful questions for developing a picture of a past life. You need to make sure you do not limit Light Beings into answering in a way that is not true. For instance your question could be so

narrow in its scope that a yes or no answer would be untrue in both cases, or it could be so general that a yes or no answer does not really help.

Another tool that is useful in the pinpointing of energy fluctuations are the dowsing rods. I bought mine at Avebury Stone Circle so they have a very special vibration. They are just simple copper rods. I have used them to locate lost earrings and keys. As I entered the room they were located in, the dowsing rods moved around wildly. I have not used them for water location but know that I could. I have used them to locate energy portals, which can be useful. They could be used to locate earth bound spirits but I do not find it necessary to locate spirits in this way as healing will find them wherever they are.

Oracle cards can also be useful in giving you broad areas that need healing, for instance you may have a set that has a forgiveness card. This immediately points out that there may be some forgiveness issues that need to be worked on. My good friend Ision who is a Reiki Master is developing a set of very advanced cord cutting macro cards, which will be made exactly for this type of healing. I will let you know via the abundance of light website when and where these become available. Make sure you bless your oracle cards and ask for the highest meanings of love only to be conveyed through the pack. In fact regularly cleanse and bless all your tools including crystals. At its simplest this is cutting cords for all beings and your tools and then charging them with your love. Always remember tools are only there to amplify your connection with the Divine they do not give you the answer themselves.

Tutorial Three: Past Lives

Past Life Healing

If you have problems with the concept of reincarnation, it is quite ok to skip this section; it does not affect the use of cord cutting to heal all that needs healing in your life now.

I have given thousands of past life readings with the aim of healing. People find that their present day ailments and diseases often relate directly to a life where they had a similar problem or they died of an injury in the same area affected. For instance much neck pain relates to hanging, beheading and torture. Forget finding out about the beautiful, happy lives with this technique, the reason you are using it, is to heal that which most needs healing. For this reason you are shown lives where you had a horrid time so you can heal it. I now have quite a bit of clairvoyance and some of the stuff I see is not pleasant, however I am only shown what is necessary so you can heal. You do not need to know all the details of past lives to heal, much can be healed in bulk, and this is why the macro prayers work. It is interesting to find out what lessons you have gone through in the past. If you want to learn how to do this for yourself and others, read on.

Soul Fragments

Many people find that they have soul fragments to come back when they use the Abundance of Light technique, as it heals to such a deep level. Soul fragments are little parts of yourself that stayed behind for one of the following reasons:

Guilt - You were not a very nice being and you did some things that you felt guilty about, particularly after death so you stayed to atone. Alternatively you had many dependants and your death put these beings at risk, so part of you stayed behind to look after them.

Intense Suffering - Your death was so torturous and nasty and you probably watched loved ones tortured and killed, that part of you breaks away and stays in a comatose state in that life.

Knowledge - That life was a very important one in your spiritual development and you now have much information from this lifetime to integrate, so this part of you stays behind as a key to that information.

Guardianship - That life you might have been a gatekeeper or a keeper of secrets and part of you stays behind to guard the secret or door.

Contracts - Yes you can make deals with the Devil and part of you must honour that contract until it is healed.

Extraterrestrial Lives - Now believe it or not you have probably had many lives as an extraterrestrial being and an elemental. I find it of limited value trying to discover lots

of information related to these lives. This is because the same rules do not apply to these lives. For example you may not even have had a physical body in the extraterrestrial lives.

If the pendulum is bringing a past life to your attention, then there is something to heal in it and it is often a soul fragment that needs to come back. It usually helps to establish what reason the soul fragment stayed behind. You can then say this simple prayer to heal it.

“Light beings please cut all cords related to this life and all concerned; any cords so this soul fragment may be returned to me now. Thanks be and please change all energy released back to love.”

Another thing that helps when you retrieve soul fragments, is after you have said this prayer, go through each chakra and place your hand on it and chant love, envisioning your chakra filling with golden light.

Finding information on past lives

I am assuming here that you are using a pendulum to discover the answers related to the past life you are asking about. For information on how to use a pendulum check Tutorial 2.

Does this past life have a soul fragment attached to it that needs to come back? If it does, find which reason it stayed behind, it might give you a clue as to the type of life this being had.

Is this a human life? If the answer is no go back and recheck question one. If the answer to that question is no there is no soul fragment, it is up to you whether you press for more information on an extraterrestrial life, an elemental life, a life as a mythological beast, an animal, a dinosaur, an entity, a spirit guide etc., etc. Alternatively you can just say – *“Light beings please heal this life and return to me the knowledge I need from this life for full healing. Thanks be and please change all energy released back to love.”*

Was this human female? Now if the answer is no this does not always mean it is a male, with me, if they said no to both, Light Beings usually wanted me to work out that it was a child when the being died. Once I worked this out, then I could ask the sex. I have only had two cases where the being was hermaphrodite.

Was this human born before Christ? Now there are three answers to this question. If the answer is no and then you ask, was the being born after Christ and your guides say no again, they are trying to get you to realise that the being was born at the time of Christ. Ok why do I ask this question? It is to establish a time frame so you can have a rough idea of the conditions and lifestyles in that era. If I was told the being was born after Christ, I would ask in 500 year increments after the birth of Christ to get close to the year then I might or might not narrow down the search to an actual year.

Where in the world was the being born? Now for this one I would use large land masses. For instance I would say was this being born in North America? The land masses might not have been called that at the time, but this information is for you to do the detective work so you have to work with your frame of reference. I ask this question to give an idea of the kind of lifestyle the being had and any historical events of note going on at the time.

By this time I hope your intuition is kicking in and you are starting to build a mental picture of this life. I would then ask numerous questions about lifestyle like -

Did they die young?

Were they rich, poor or comfortable?

Did they live in a heavily populated area or in isolation?

Were they in an influential position like a healer or priest?

Did they live in a castle?

Did they live near the sea?

Were they married?

Did they have children?

Were they persecuted?

I am sure by now you have the idea. At the end of finding out all this information you just heal this life using the simple prayers already given.

My husband Frank did many past life healings and put together his own extensive notes on how to proceed to find your own past lives. I want to include his notes here because he explains things a little differently.

Introduction and Background

Past life healing by the Abundance of Light method is all explained in the tutorials elsewhere on this site. All I am doing is rephrasing everything in my own words in the hope that it may help those who are perhaps confused or uncertain.

Past life healing is based on the theories of reincarnation, i.e., the belief that we, as souls, reincarnate into physical form over and over again, in the hope of growing, experiencing certain sensations and ultimately, becoming fully ascended beings.

The problems began when we forgot who we were in past incarnations and got caught up in the game of physical existence. Things like fear, pain, power, sex, wealth, etc, began to occupy our thoughts and take all our energy away from love. Every instance in one of our past lives when we did, or had done to us, anything that was not of love, we set up an attachment, or "cord", that keeps us entrenched in more of the same thing.

The idea of past life cord cutting is to find the cords on the etheric plane, by finding a past life, and ask for them to be cut. As the cords are cut, the particular event that it was tied to can no longer affect you in this life. It does not matter what the event was, whether it was the time you tortured someone to death, or the time you stole a bag of figs at a Bedouin market, the cords can be cut, releasing you from guilt reactions (call it Karma if you wish) and making you that bit more free.

The only cords that cannot be cut are cords of love.

Some Common Questions

Who cuts the cords?

Not sure, but it is done when you ask for it. Some people ask the Archangel Michael to cut them; others ask God, the Angels or Jesus Christ. Whoever you have a good rapport with on the "other side" is fine.

Can you see or feel these cords?

Those who have good psychic skills report seeing grey coloured cords, like spaghetti growing from their etheric bodies, with the cords of love being golden.

Do the cords grow back?

No. However, after they are cut, sometimes similar ones come up that were previously hidden and then become exposed ready to be cut. Some people have many layers of cords.

Is it dangerous to cut cords; do you have to replace them with something else?

It is not dangerous. No ill effects have been found. Generally only a few layers can be cut in any one day. After this a person can get a bit drained of energy.

How many past lives have I done?

Most people have done many, very many.

What will cord cutting do for me?

It can make you feel happier, lighter, and more energetic. Also it can get rid of phobias, fears and self destructive habits.

Communicating with Spirit

It doesn't matter what "Spirit" means to you, it may be God, or Mother Earth, your personal guide, or "The Universe", Allah, Jesus or the Angels. Really they are all one or at least part of the one and only universal life force. I won't pretend to know or understand what it is exactly. In order to do healings for yourself or others, you need a way to communicate with this Spirit. It or they are there, ready to help us heal and it helps to know what they are telling you.

There are many ways you can communicate with spirit and it is a matter of developing a way that best suits you. Don't give up if it does not work at first.

These are some of the ways you can communicate with spirit.

- Pendulum
- Muscle testing
- Cards
- Ouija board
- Psychic visions
- Clair audience (and sentience and any other "clairs")

Pendulum

This is what I use and I am quite happy with it. I developed this ability from a position of strong scepticism, yet it worked. So there must be something in it! This is how I did it.

Get a pendulum. You can buy a nice crystal one on a chain, or make your own with a bolt on a piece of string. It doesn't matter. A chain is good because it does not tend to spin like string does. The length should be around 15-25cm (6-10 inches).

Now there are different ideas about what should be yes or no, or maybe. Some people add in answers like "more information needed" or "rephrase your question", but really, I think this is far too complicated. I like the simple, "Yes" and "No". I use round and round in a circle meaning "yes" and back and forth meaning "no". And I don't mind if the circle is clockwise or anti clockwise, whichever way it goes is yes to me.

Once you have decided which system to use, start off by chatting to your guide or angel, God/goddess or whomever you wish to talk to. Ask firstly to be cleansed of any negative energy, and to remove any lower energies that may be hanging around you. Then tell them that you want to set up this system of communicating and that you want (say) round and round on the pendulum to mean "yes". Hold up your pendulum and hold it still. Ask them to do a yes for you. Maybe nothing will happen; maybe there will be a tiny swing. It may take a little while for the swing to get going. Then try a "no". It took me several days of this before I could seriously say that I was getting yes's and no's. The swings were still small, just 5-10mm across (1/4-1/2in). In time the swings have become bigger, up to 5cm (2in). If you let them get much bigger than that, people will complain that they can see your arm move and I'd like to devote a paragraph to that.

People protest that a pendulum is a suspect method of communication because they can see the person's arm moving. Yes, your arm or your hand will make tiny muscle movements, but these are unconscious. This is how the light beings are communicating through you and this is why it can take a while for the system to begin working: they are getting used to your body and how to work it. Isn't it just the same with psychic visions or any other means the spirit world uses to get our attention or communicate ideas to us? They are working with your body; for example with your brain, to make it seem like you "saw" something, when your eyes did not see it.

Muscle Testing

Again, with muscle testing, it is a matter of Spirit learning to use your body to communicate with you. Muscle testing is used in kinesiology. Normally, with muscle testing a "weak" response means no, and a "strong" response means yes. Here is one way I know of to use muscle testing.

Form an "O" with your thumb and little finger of your left hand. Put the thumb and forefinger of your right hand together and put them into this "O". Now, try to open up the O on your left hand by prising it open with the thumb and forefinger of the right hand. With a weak response (no) the O easily opens up, and with a strong response (yes), it remains closed. So we are looking at the strength of the response in the left

hand. If you find this hard to follow Google it and you will find a wealth of information. No doubt there are other ways of doing it and you can just stick to the system you are comfortable with.

Ouija Board

The ouija board has a bad reputation. People are scared of it and for good reason. There have been many instances documented of people getting nasty messages that are not of love, due to lower entities taking hold of this medium and pretending to give messages from Spirit. Part of the problem is that it is normally used with several people at once guiding the glass, making it easy for these lower entities to find their way in. In theory, there is no reason why it could not be used effectively, provided one asks for Spirit to first remove all negative energies and lower entities. I have no experience with it so I will not write any further on it.

Cards

These are becoming increasingly popular. They consist of a pack of cards with prewritten messages of love. The user picks one or more cards and reads, then interprets the message. Generally extra information "comes through" at this point that will be relevant for your client. Cards are a useful aid for budding clairvoyance skills but not as good for someone without any. Special past life cards also exist that can help point the way to certain types of common past lives.

Finding the details of a simple past life

OVERVIEW

First you can ask for, or already have the intention: "Human only" past lives. Other types are trickier and will be dealt with later. When you start asking your questions, always go from the GENERAL to the PARTICULAR, otherwise you can waste a lot of time. The only exception to this is if you get a strong vision or intuition for a particular detail. Jot down details if you need to keep track of things.

GETTING THE MAIN FACTS

Date, place, sex, married, children, wealth or status, occupation/lifestyle, cause of death, soul fragment, anyone else in this lifetime.

The above facts can be tackled in any order. This is usually the order I do them (approximately)

1. Sex and family: Male? Female? Married? Did he/she have children? How many?
Example: more than 5? (yes) more than 10? (no) more than 7? (no) was it 6?
(no) was it 7? (yes) (This illustrates the "narrowing down" procedure.)

Usually (if married) I also ask before going much further, "was this a happy marriage", or "was it a happy, loving relationship?" Often this can lead you straight into abusive relationships, all too common. You need to get some details: who was abusive towards whom, what sort of abuse: physical, verbal, psychological, financial, etc.

2. Date: Was it before Christ? After Christ? (If you get "no" to both these it could mean it was about the same time as Christ's lifetime.

Example: Was it more than 1000 years before Christ? (yes) More than 5000?
(no) Was it more than 2000 years BC? (yes) more than 3000? (no) Was it

between 2000 and 3000BC? (yes) Was it between 2000 and 2500 BC?
(yes)(Illustrating the narrowing down procedure)

Generally, the further back in time you go, the more approximate you can be with the dates Pre 5000 +/- 1000 years Pre 20,000 years, just go nearest 10,000 years.

Anything pre 15,000 is usually Atlantis, to about 100,000yrs ago. If you get a later lifetime, say in the 1800's or even 1900's it might be an idea to get the date a bit more accurately. But remember to specify if you are asking about their date of birth or date of death.

Really, the only reason you even need dates at all is so that you can more easily tie in the lifestyle details in with what you know about the history of the place where they lived. You could look a bit silly if you make blunders with historical facts, so if you know very little about history, there is a wealth of information on history websites. It is amazing how much you learn as you go along. Alternatively, you may prefer to keep it vague and the healing will happen anyway.

3. Place: Start with Northern hemisphere/Southern hemisphere? Then move on to: Continent: North America? Europe? Middle East? North Africa? Asia? Once you have a continent or region, you can narrow down the country. Say the answer was Europe, then I usually go: Northern Europe? Southern? and then: Eastern or Western? Once you have the quarter, you can guess the country. (You may need a map.) Similarly you can do the same with other continents. The continents in the Southern Hemisphere are: South America, Australia, Pacific Islands (as a group) Southern Africa. Northern hemisphere past lives are far more common. Then, to get a better idea of the living circumstances, you may ask: jungle clearing, village, town, city? Rural, nomadic? Etc.

4. Wealth/status, occupation. I usually ask: poor, middle class, rich? Then you might ask the following depending on the answer: **Rich or high status:** King, Pharaoh, Leader, chief, lord, landlord, merchant, landowner, high priest, medicine man, healer, industrialist, knight, military officer, etc. **Middle class:** Trader, merchant, book keeper, butler, farmer, hunter, fur trader, soldier, ships captain, tradesman (carpenter, stonemason, roof tiler, blacksmith, seamstress), cook, baker, artisan, (silver, gold, wood, stone, paint, etc) You get the idea? If you can't get the exact trade it does not matter: even just "did he work with his hands?" is ok. **Poor:** tenant farmer, beggar, hunter, rag man, scullery maid, servant, slave, farm hand, soldier, sailor, fisherman.

5. Soul fragment? Ask this next. If no, then cause of death becomes less important, if yes, cause of death is important. The usual cause is a traumatic death, but if it was not, you need to look for another reason for the soul fragment. I will explain further about soul fragments later.

6. Anyone from this life in their life today? Usually the only important ones are: the person who killed them or they killed, their wife/husband, their children, perhaps their parents or siblings. Maybe someone who cheated them, cursed them, injured, abused or defeated them, or whatever. Typically they will come back as family members, but can also be in-laws, work colleagues, friends, lovers, stalkers, etc.

Normally you don't need anywhere near all of this stuff, but this is kind of a "wide ranging guide", yet at the same time, it certainly does not cover everything.

The Essence or Crux of this Lifetime

The above questions give you a lot of information about your subject's lifetime and lifestyle. By now you may also have a good idea of why this lifetime has been brought up for healing. If this is not yet clear, it is necessary to dig deeper to find it. Without knowing why this lifetime was brought up for healing, it will be very hard to do any healing. Just tell your guide that you would now like to know the reason it has been brought up for healing and start guessing. Again go from the general to the particular. Here are some general categories to get you started:

1. Something to do with the way they died
2. Something to do with curses or black magic
3. Something to do with crimes they committed or crimes committed against them.
4. Something with intergalactic issues: portals, guardianship, etc (more on that later)
5. Relationship issues.
6. Lessons learned or knowledge gained in that lifetime to be remembered now.

Once you have a general idea, you can narrow it down with further questions. At any point, when you think you have all the information, but you are not sure, you can just ask, "Do we know enough now about this lifetime now for healing to be effective?" If yes, then you can stop digging.

Cutting the cords and healing the past life

This is what it is all about really. The reason past lives are brought up at all is to heal any issues or Karma set up during that experience.

This part may be daunting but it need not be. Your guide(s) have brought you this far, they will do the rest for you as well. Just remember it is not you "doing" anything, all you are doing is asking Spirit to cut the cords, anything on top of that is nice icing on the cake to let your "client" know that it is all under control and give them the feeling that you and Spirit know what they are feeling and going through.

Simply address the aspect of Spirit that you normally work with eg "Archangel Michael, please cut all cords now for (name), with this lifetime, with all....."

Here you just fill in all the issues and emotions you can think of that have relevance to the lifetime you have just dug up. For example, there could be guilt about some crime, there could be pain and trauma about a nasty death, there could be yearning and sadness about a lost love, maybe fear and terror about some traumatic situation like a massacre or battle. Maybe it is simply "cutting for regaining knowledge." It could be "cutting for all spells and curses." Put in all the relevant stuff that comes to mind, but there is no need to go overboard.

There will be more on cutting in a later section on soul fragments.

Chanting

Ok, so you have asked for all the cords you can think of to be cut; at this point many people do some chanting. This might sound silly but I think it is useful. Firstly, it lets your client know that, hey, something interesting is really going down here. And

secondly, it focuses your "intention". It really gets you concentrating on getting those cords cut and nothing else. The third reason is that it helps you to gauge how "thick" the cords were. How? Well, with practice, you find that your chant comes to a stop when the cords are cut. Some people can feel it in their larynx; others just get a sudden urge to stop, or to clear their throat. I find, with me, that a sudden, uncontrollable yawn is what stops me.

Just make up any chant that suits you. For example "In the name of Love" or "In the name of the universe" or what ever sounds good to you.

So if your chant stops really quickly, you know the cords to that particular issue were small. You may want to keep digging around for something else. You may find that after you have done lots of cord cutting (for your client, or for yourself) that you keep getting nothing but "thin" cords. This does not mean you are losing your touch, it could mean that their healing meter is used up. A person can only let go of so many cords in any one day; after that they need to rest.

Being able to tell when cords are cut, being able to gauge how thick cords are and when someone's healing meter is used up, are skills that can take quite a little while to learn. Just like learning to use a pendulum or muscle testing, it takes some practice. Until you have had a bit of practice, just be prepared for some fumbling around while you learn. Make it fun.

Returning Soul Fragments

If Spirit tells you that your subject has left a soul fragment with the past life you have been working on, then it can be returned once all the cords are cut. A soul fragment can be thought of as a "ghost", stuck on the earth plane. Part of you can be stuck on the earth/time plane for some reason, while the main part of you goes on to reincarnate into another life. The ghosts that people encounter here on earth are basically very large soul fragments. The part of your soul splitting of can be any size from 0 - 100%.

There seems to be a limited number of reasons why soul fragments are left. The reasons generally seem to fall into the following categories:

1. Guilt. You may have committed acts in that life that you felt guilty about, usually not until after death. So part of you stayed behind to try to make up for what you did.
2. Pain or severe trauma. We can all imagine the types of things I am talking about without going into details. Some deaths are so horrible that a part of a person's soul can dissociate and get left behind in time, space, the Earth plane. (Whatever we wish to call it exactly)
3. Knowledge. We may have learnt something or discovered some universal truth in that lifetime, that we were keen to ensure would not be lost, so we kept a soul fragment there to "remember" it and carry it forward to today's life.
4. Guardianship. If you were a keeper of secrets, wisdom or universal gatekeeper, (these will be discussed further under alien or E.T. lifetimes,) you may leave a soul fragment to continue to guard that.

5. Contracts. In that life you may have made a vow or contract; the proverbial "deal with the devil" or "selling your soul". Part of you must stay behind to honour that contract until it is healed or paid out.
6. Care. If you had many dependants and you were overly concerned about how they would cope after you died, part of you can stay behind to look after their wellbeing.

Once you know the reason why the soul fragment was stuck there, just ask spirit to cut any remaining cords keeping it there and let it return. Some people have reported feeling a bit of a shock or jolt when this occurs. Some report a vision of a stranger walking towards them and suddenly "merging" with them. Any shock or disorientation can often be alleviated by visualising white light or love sent to all or each of their chakras in turn.

Alien or Extra-Terrestrial Past Lives

These types of past lives can be very interesting. The evolution of life in the universe was likely very complex and there has probably been lots of cross-seeding and colonisation occurring. It is unlikely that anyone will really ever know the exact details of these processes. Some people have channelled quite detailed information about certain aspects. I have not made a study of this information to see if the different channels can actually be reconciled with each other, but I suspect that one might find some contradictions here and there.

These warnings notwithstanding, spirit will give you "ET" lifetimes occasionally for your client, and they can be quite tricky to pin down. Firstly the lifestyles on other planets typically bear no resemblance to what we know here. Secondly, your guides in the angelic realm find it hard to get to grips with our concept of time (a 3D concept). With Earthly lives, they can use major events, such as the birth of Christ, to help date a lifetime. That's why I always use the question BC or AD? But trying to date ET lifetimes is virtually a lost cause, unless you want to try something like, "well it was about 500 Sirius years after the fall of the Yallovian Empire" All pretty meaningless and totally unnecessary information. No one needs it and you would waste enormous amounts of your time trying to pin down the timing. Just ignore it. Certain constellations or star systems seem to crop up fairly frequently. The ones I have encountered are: Sirius, Pleiades, Lyra, Orion.....

Remember these names refer to either a constellation (a whole group of stars) or to a particular star. Living beings don't live on stars (as far as we know) so these general origins refer to planets associated with that star, or a particular star in that constellation. Some stars may have more than one inhabited planet, others may have none. In any case, you can be sure that the lifestyles and physical conditions on most planets are vastly different to our own. Sometimes out of curiosity, I have spent some time asking lots of detailed questions. I have found out that many things we take for granted are not always present on another planet.

For example, on some planets, the beings don't breathe, they don't have lungs. Why do we have them? Because we need oxygen and lungs seem to be the best way to get it. Why do we need oxygen? We use it to release the chemical energy in our food (combustion or respiration). Well this is not the only way to get energy, it can be

chemically derived in plenty of other ways, or it can be obtained from the environment, eg sunlight. Now, if you don't breathe, you are less likely to use speech, right, because speech requires air. So these people communicate with telepathy.

Another case in point: we take it for granted that reproduction requires two sexes. Well there is asexual reproduction, requiring only one sex, even here on Earth, but it is not evolutionarily effective because of the lack of gene mixing. Well on other planets there are different options, eg, three sexes, or four. Of course this is not evolutionarily effective either because although it is fantastic for efficient gene mixing, it becomes less likely that three beings of the correct sex can 'find' each other at the right time. So these systems have other failsafe mechanisms built in.

Customs and norms, as is to be expected, would also be vastly different from what we are used to. There can be quite normal types of lives that could just as easily have been lived here on Earth, but weren't. There can also be strange ones that tie in with other dimensions. Here are some of the concepts I have come across, or heard about.

Guardian:- It seems that certain people volunteer perhaps, to become guardians of various structures in the universe that connect different dimensions, eg portals, vortexes, time gates, etc. These types are common as the being may become attached to their job and leave a soul fragment to continue doing it, even after the need no longer exists. Or they may suffer guilt at not having carried out their job to their satisfaction.

Space traveller:- Some people spent their life in space and travelled about for some reason.

Colonisation or seeding:- Beings from other star systems are reputed to have been involved in the "seeding" of earth's human population, or improvement of the resident humanoids. This would involve space or inter-dimension travel and work with humans, perhaps gene manipulation or interbreeding.

Elemental Past Lives

These types of past lives are more common perhaps than the extraterrestrial past lives.

Elementals, for those who have never heard of them, are beings that live here on earth, but in some way are not exactly in the same "dimension" or plane as we are. Normally we cannot see them but some people in certain circumstances claim they have seen them or that they can be seen. These are the Elves, Faeries, Trolls, Gnomes, etc of mythology. Elementals all have in common that they are associated very closely with nature and in some cases may act as guardians or protectors or nurturers of certain aspects of nature. For example there seem to be tree spirits who live in, with or on trees and protect them.

It would seem that elementals live fairly simple lives compared with what we are used to. They live close to nature and do not pursue technology the way we do. This is not to say they are always "goody-goodyies" as they are subject to the same foibles as humans, eg, hatred, anger and jealousy.

What sort of past life issues do we typically find with elemental past lives?
Elementals do get married and have children just like humans do, so the typical

relationship issues can be brought up. More commonly, however, the issues that come up are to do with their close association with the particular aspect of nature that they have their affinity for. Often there will be some sort of tragedy that befalls their beloved trees for example, or it may be mountains or fish or animals. This tragedy can then affect them badly as any trauma can. So it is just a matter of cutting cords for loss, shock, fear, or trauma.

There are also lives where there has been interaction between humans and elementals. In certain eras or places, the plane on which the elementals live is, or was more accessible to humans. In some cases, when humans have found this out, they may have taken advantage of this access and perhaps abused the elementals for reasons we can only guess at. As protectors of nature, they can become quite upset about anything carried out by humans, which harms nature in any way, eg, pollution, slaughter of animals, deforestation or fire, major earthworks, etc.

Tutorial Four: Scanning and healing with hands on methods

In the beginning I called this method of healing by the very gory name of past death healing. This being because as I ran my left hand over somebody's body, I could feel all the weapons they had died from in many past lives. I also could see by feeling, events that had a huge impact on their physical bodies and left etheric imprints on their bodies. A lovely spirit helper came through around this time, called Dr Walter, who said I will work with you as your spirit surgeon, as he was in his last life. Dr Walter works through my right hand using it like a laser to heal. When people experience this, more so in person than when I do this remotely, they report much heat in the area being worked on. Dr Walter in the last few months has been working through me to do etheric acupuncture. My friend Julie is constantly amazed at the sensations she experiences when I do this etheric acupuncture on her very painful feet. She never leaves my house feeling pain, mind you neither does anyone else.

I have taught my healing group that they can do all the healing I do, just as effectively. They are of course the first people I turn to if I have any pain. The best way to learn any healing technique is to get stuck in there and do it. We, unlike traditional medical practitioners are totally safe, as it is not us doing anything, just Light Beings and the energy of love working through us to heal. I ask them to go over the person's body receiving healing, normally not actually touching them, just a few centimetres away from the body with the palms of their hands. I ask them just to feel or notice any energy changes they feel, this could be heat, a pins and needles type sensation in the hand, it could be a heaviness of the hand or it could be as I actually feel, spears and axes or weapons of any type actually poking out of peoples bodies. What is most important here is your intention. If I am not in the mood to feel weapons, I just intend to feel them as pure energy sensations of heaviness and heat. I then ask the person practicing to ask the person they are working on, if their impressions match up with any pain they are experiencing. Then I ask them to hold their hands over the affected area and cut cords using the chanting method with anything that needs healing.

Light beings Please cut all cords that are affecting this area detrimentally, anything that needs to be cut to bring this area back to optimal health. IN THE NAME OF LOVE, IN THE NAME OF LOVE, IN THE NAME OF LOVE, (Chant until your voice fades out or the sensation fades away). Thanks be and change any energy released back to love.

I then ask them to confer with the person being worked on again, to see if their sensations changed or if they had any visions. If they had visions I ask the person doing the healing to cut again for whatever they saw and keep doing this with anything they subsequently see, until they see nothing, white light, or for some the sign that all is healed is flowers or for one lady it was clouds of love hearts. So line up an interested friend and practice on each other, the worst that can happen is you do not feel anything, if that happens just keep trying and be assured your healing is working even if you are not experiencing immediate sensations.

A nice round up for any healing on you and your clients is the Quick Chakra prayer:

QUICK CHAKRA PRAYER

Love and light beings cut any cords not of the highest good between me and everyone who has been thinking about me and everyone who I have been thinking about and:

ROOT CHAKRA

Chant Heal & transmute to light and love..

SACRAL CHAKRA

Chant Heal & transmute to light and love.

SOLAR PLEXUS CHAKRA

Chant Heal & transmute to light and love.

HEART CHAKRA

Chant Heal & transmute to light and love.

THROAT CHAKRA

Chant Heal & transmute to light and love.

EAR AND 3RD EYE CHAKRA

Chant Heal & transmute to light and love.

CROWN CHAKRA

Chant Heal & transmute to light and love.

This type of energy scanning and healing can be done remotely just as easily as with the person in the same room, once you become practiced in the technique. This type of scanning, coupled with the pendulum questioning technique will reveal much information all of which can be healed with simple cord cutting. If you find some really interesting results, portals, or other energy phenomenon and want to know what to do with the information, please do email me at Alyssa@alyssamaryrose.com and I would be happy to help. The information will not be revealed to you if you or the person being worked on is not ready to work through it.

Tutorial Five: Advancing in the abundance of light technique

If you feel led to use this technique in your every day life, and then pass this teaching on to others, please do so. <http://Abundanceoflight.com/> is here for the long-haul so you can point them in this direction for more information.

This chapter was written by the viewers of the Abundance Of Light website. It is in the form of questions and answers. If you would like to find a mate and go practice some of these healing techniques, please feel free to use my chat room. Current details of chat rooms available will be found on the message board link on the Abundance of Light site.

Now if you think you are running out of cords to cut, never fear, I have hundreds for you to have a go at the end of this document.

Questions and Answers

- ❖ *How do you know when you have used your healing meter and what exactly is healing meter?*

Healing meter is a term I coined to describe your capacity to take healing. This capacity is finite. However it is recharged if you sleep, go for a walk, or you have dire need of healing (for instance you hurt yourself in an accident, or hear of something that shocks you). The best way I know of telling if your healing meter is low is the chanting method. When you cut a cord you chant; it does not matter what you chant as long as it is relatively short and you can count how many times you repeat the chant. I often use "In the name of love." When you have a large amount on your healing meter you will be able to chant many times before you feel like stopping. Light Beings are actually working with you and you will feel like stopping chanting when the cord is cut. This is all just a matter of practice. When you have tried to cut a few cords in a row, and only got out a couple of repetitions of your chant you will know your healing meter needs recharging. (See above for recharging) An alternative method is to ask your pendulum whether you still have healing meter left. Sometimes if there is a cord you really need cut, Light Beings will reserve healing meter for this cord and won't let you use this meter until you hit on the right cord, this once again is something you can determine with questions to the pendulum.

- ❖ *Is it possible to do cord cutting long distance and if it is, how do you make up for not being able to talk with the person to know whether or not something is hurting?*

We all do cord cutting, long distance all the time, every time we cut for ourselves, we cut for all others involved. The only thing is when people are not aware of this they do not let you cut very much, so it is very unlikely in this scenario that anyone would specifically have something arising from cord cutting that needed specific attention, unless the person is ready to find this technique for themselves.

Now another kind of long distance cord cutting is consensual, when you know about it and agree; now usually I only do this when I am in real time with somebody online or on phone so that I can deal with anything coming up as it comes up. I do however cut for people who have asked when they are not online with me but the results are usually not quite so dramatic and if they are Light Beings see to any mop ups, so all relevant cords and pains that come up are healed. You just make this intention whenever you do healing, once again it is all about intention, not the words, and as long as you are always intending to do what is for the **highest good** you cannot go wrong.

- ❖ *Hi, I have just recently begun to see my cords. I saw some grey ones (not very pretty) and one bright gold one. Not sure of what they were, I started cutting them all. The grey ones went but the gold one refused to go, every time I tried, it acted like an elastic band and was even stronger. I was a bit worried but when I told Alyssa, I found out that the gold cord was love and my connection to God and could never be cut. Although I was not sure what was happening, it is true, this stuff is fool proof, all the bad stuff went but my connection to God could not be touched. Amazing huh?*

When I first started to cut cords I used to use my whole arm as if I had a sword, well I was cutting cords eight hours a day at the time so this one didn't last long, this is how I came up with the chanting technique. Anyway with the sword technique when a cord was cut my arm used to go slack as the cord was totally cut. This is when I first found out about the cords of love. When I developed this technique I had to try everything, to make sure everything worked, so I too tried to cut through these golden cords, as I brought my arm down to cut it bounced. As I continually point out, love is the only thing that is real, therefore you cannot cut it. You can only cut through illusions. However it is really good when independently people come up with exactly the same conclusions as others, it helps people to see, there are universal safeguards on energy healing.

- ❖ *How can you tell if the angels are around?*

Sometimes you might see flashes of blue light, a feeling of peace, or calm or happiness, with a feeling of wings brushing you, or just of being comforted by some sort of presence, with your thoughts calming a little.

- ❖ *Either I'm very stoned, or they're not around, because I don't feel those things most of the time.*

They are around all the time, no look you don't have to notice anything; I don't usually unless I really need to. I just know that they are around all time. I am used to talking out loud to them and hear them talking back in my thoughts. I suddenly realise: hey that is an answer to the problem I was just thinking about. Once you start recognising this you will notice it more and more, all the time they try and get your attention with synchronicities, like thinking about someone then they phone, with there being a parking space available when you remember to ask for one. With there being something on special at the shops that you want when you ask for help with shopping, with help going to sleep when you having a restless night, all the little things, don't look for thunder bolts. Your angels and guides are often subtle, they rarely do light

shows, they only have to shout if you are not listening and usually only do it in emergencies.

❖ *It's amazing that amount of faith you have. How do you develop it? Or is it natural?*

You only have to believe until you know it, feel it, live it, all the time. I couldn't possibly think any different; to do that would be to deny all I am, all I know.

❖ *I'm not too sure if I am becoming more aware or not?*

You are slowly coming out of your dream state: don't look for fire works, look for the love generally filtering into every part of your life. If you look for it you will spot it, but it is so gentle that you are feeling like you are not changing. However you could meet somebody in six months time and they will say: "boy, you've changed", or react to you in a different way. You don't notice so much yourself because you live with the changes every day, but ask an outside observer and you will get a different picture. This is where journaling helps, write down the things you ask God for help with and you will notice even if it takes a week, that these problems just dissolve away and cease to be problems. Now you can just pass that off as coincidence or you can recognise Gods work and then the miracles will get faster and faster until you are healing stuff instantly. You will notice there is no time lag from when I ask, until when something happens. If you have a pain, I will ask and instantly it goes. Now you can pass this off as coincidence or you can see it for what it is, an instant display of Gods love for you. I just know I will get it even before I ask, that is the only difference between you and me, you just don't know that yet, but you will in time.

❖ *So what do I need to do to achieve that? Besides cutting of course.*

To ask God or the Angels into every aspect of your life on a moment to moment basis, every time you feel bad, ask to be healed and affirm you feel great, then when you feel great talk to your angels and thank them and just enjoy and realise you are enjoying. If you are worrying about a situation realise that and give it over to the angels saying I don't know how to fix this but I know you do so here you go, you have it and I will stop worrying about it and go and do something else. Be really involved in whatever you are doing, if you are playing with the kids be in that and enjoy it, if you are washing up, do the washing up, notice the sensations, the sunlight on the window. Live life by the moment now, now is all you have, you can't be happy in the future or the past, only now and if you are happy now then the future takes care of itself, it will automatically be happy.

❖ *But sometimes it's difficult not to worry, isn't it?*

No what is difficult is being aware of when you doing it, when you are aware you are worrying, then you give it up by cutting cords with it. You don't even need to verbalise your cord cutting you can just say please God cut with whatever is in my mind right now, thanks. You will notice it may stop that worry for five or ten minutes, then you have to be aware you doing it again, you cut again and maybe this time you stop for ten to fifteen minutes, then you have to be aware again, slowly you cut through that particular worry and your addiction to worry. You still think your worry

achieves something other than more worry, well keep cutting and you will be aware the only thing worry creates is worry and fear and gradually you will lose your addiction to it. It is an addiction, you are addicted to the feeling you have in your body when you do it, I don't know if you have ever felt that itch like satisfaction with gossip in the past, you know it is bad for you but you get into a juicy session and its just like an itch you want to scratch, for a short while it feels great then the pain sets in. Well worry is like that too, can you see that at all, if not observed what your body is doing next time you have a worry festival, see if you can remember just to observe, then cut and see if it relieves anything. This is where diary writing is useful and it means you can review at end of day with how much effort you actually put into healing yourself rather than how much you thought you did at the end of two weeks. You are going to have good and bad days, bad days you may only think of your Angels or giving over to God twice but a good day you may ask 20 times and that may not correspond to what your feeling, because we tend to ask more and think more of God when we are feeling bad. When we are feeling good we are actually feeling God anyway, feel good, feel God.

Emily is translating this website into Chinese, so more people can benefit from these techniques. Here are some questions from her that can help others

1. When I request cords between me and the other person to be cut, is it better that the other person knows when it is happening (so this person knows why she is feeling light headed, etc.)? What can I do to minimise her discomfort if she is unaware of her cords being cut?

If the person gives willing consent and knows what is going on they will always have a higher healing meter and allow more to be cut for them than if they do not know. However it is not humanly possible to tell everyone who is affected by the cord cutting, as some are in spirit, some are closed to the idea of healing and some you just don't know where they are any more. For these beings they will accept as much healing as their higher selves will allow for their highest good. If the time when you do the healing is not convenient, say they are driving or doing something that requires a lot of concentration, well the healing will be delayed in the astral until they are asleep or in a more receptive state. The guides take care of any discomfort and usually when the person is not conscious of healing there will not be any discomfort only relief from suffering. Discomforts come up to aid those who are consciously doing healing, so they know what needs healing next.

2. What do I envision when the cords are being cut? Do I envision the other person(s) or cords being cut one by one?

This depends on the individual we are all different; I personally do not see cords. I sometimes see visions and I always ask the person I am doing healing on what they see and hear and feel. I keep cutting cords until the person sees white light, flowers or nothing at all, or feels no pain. If it helps you to see the cords, intend to see them and you will. Don't envision them being cut one by one, unless you want to be there all day. The power of this technique comes from the fact that multiple twisted up layers of cords are cut at once, so you are more likely to see a mass of twisted cords with the core issue cord surrounded by the mass. When the mass has been cut the root issue

will be exposed and you will probably get information if it is needed, as to what that core issue is.

3. Can I suggest my friends to cut all cords once every day according to "the First Time Healing?"

Yes this is a very good suggestion, when they no longer feel much change from this they need to go and work with cutting the macros and when they have done that, there is the list of single cords to work their way through. When they have exhausted these, i.e. they do not feel much healing from this anymore then they need to work on healing others. One thing that brings up healing incredibly fast is healing others. As you cut the cords for anyone else so it brings up your own issues and all these are cut with. I hardly do any personal cutting any more, because all the healing I do with others brings up all my issues and uncut cords every day.

4. When using pendulums, how do I make sure the beings giving answers are of the highest order?

A simple request to the highest beings will ensure only love is channelled through your pendulum. Healing is all about intention and awareness, if you have the awareness to ask for this it is done.

5. Can I say the prayer for my lost soul fragments to return even if I don't know how many are out there? After the prayer has been said, does the order matter when I go through each chakra? (Do I begin from Crown Chakra or Root Chakra?)

I used to begin at the root Chakra and I used to ask my pendulum every time if there was a soul fragment and how many. Now I don't bother with any of this and just ask that any soul fragments coming back are locked in with love. All these prayers are just suggestions so you can learn to trust your own intuition and know that what you are asking for is being done with no effort on your part. Basically trust of God and your higher self here is the key, know that what you ask for in your mind is done as you think it. The rest is just a tool for you to learn to trust your own wisdom and love.

6. There are cord cutting prayers and macro prayers, when to use the former and when to use the latter?

Use all, at all time, you can't ever cut too much or too early, that is the point in macros, only that which you need cut at that time is cut for you. My feeling on the matter is since you can't cut love you may as well cut everything else up as much as you can, whenever you can. If you feel pain or suffering you always have healing meter to cut with. Anything you can cut is of benefit to you. If I have pain I just go around the house chanting, cutting, cutting whatever, I leave that up to my guides. For I know that to feel pain it is not love so therefore I can cut with it. In that way I just cut away all illusion, regardless of what the illusion is. If you still feel you want to cut, start cutting for the world and know all the healing you do for the world is also done for you. Cut all day every day and we will all reach enlightenment, or a state where we do not feel the illusion of pain and suffering any more, very quickly. All

that you do for yourself, you do for all beings. All you do for all beings you do for yourself. No effort is wasted. No thought of love is ever lost.

7. When sending the golden infinity sign from my heart to other people, do I envision these people individually or can I envision them as a group?

This is up to you whatever works for you and the people you are doing the meditation with. You can add your own twists, it is about enjoying relaxing and sharing your love, so whatever helps you all relax and be love. I was doing this with a friend the other night and I saw a picture of her boyfriend standing behind her with his hands on her shoulders leaning down to her. She had a cocktail cherry on a stick sticking out of her mouth and was offering it to him. I told her this because I knew it would make her relax and help her heart to open so she could feel the love being sent to her. Go with your heart on all this information. If you find a way to improve on it, do so and please share it with the rest of us so we can all share more love.

8. This question is from a friend. When we cut cords for the other person, is it possible that we might accidentally cause harm to her?

No this is inbuilt into the technique; no harm can be done with this technique. Hence we have the idea of healing meter. Nothing is ever cut that you are not ready to cut, no more than is for your highest good is ever cut in one day, however much you chant and cut. You can never cut against another's will it is impossible. Most importantly of all you can never ever cut love, as love is the only thing that is real. Therefore all you can cut is the illusion of suffering and this will not cause you harm in any way.

❖ *I am an empath and I tend to try and be on my own as I feel so overpowered by others emotions, what can I do about this?*

First of all regarding realising you are an empath, this is a realisation of how connected we all are. All beings are empaths in that we all feel others feelings but many people have shut themselves off to this connectedness to such an extent that they now believe they are separate beings. As to feeling vulnerable when you realise you are an empath, yes you are now vulnerable enough to heal yourself. To heal yourself you must open your heart and make yourself vulnerable. No being has the power to hurt you unless you give them that power. When painful feelings are reflected by other beings it is hooking into your own cords and negativities related to the issue at hand. To turn this feeling into a powerful healing you need to bring this back to self and say what is hurting me here. For instance say you come in contact with someone who is feeling really jealous and angry and this feeling is making you feel really uncomfortable. What you need to do is shift the power balance back to yourself and know you have the power to heal the jealousy and anger cords in yourself by cutting them and this in turn will leave only love so you can react in a compassionate way to the person who is jealous and angry and obviously in pain and need of healing.

❖ *I think I have found my soul mate but he has another girl friend, am I meant to be with him?*

On the matter of soul mates, there are many out there. All you can be really sure of is if you have bumped into them this lifetime then you have something to heal with them. This man might not be meant to be with you and it might depend on how much you heal as to whether it is for your highest good or not to be with him. The love you seek through him is actually to be found within yourself. When you find love in yourself you will find it in all others and will not fear losing anyone or love for you will know it is impossible to lose love.

❖ *I have been having many visions of late, but I don't know what to trust and what is true any more.*

Visions, just as there is much illusion in the world, so there is much illusion in your visions. Look at it this way, does passing on this information from the vision you see, empower you and the person you are passing it on to, does it heal them and let them glimpse love. If the answer to any of these is no, then don't tell them something that will make them weaker and their fear strengthen. Cut cords with it and know now that it is healed for you both and nothing more needs to be done with that vision.

Uses of cord cutting

Children seem to pick up and react far more immediately to our emotions than adults seem to. In actual fact adults do too, but they have learned to hide their reactions even to themselves. In one case I was told of children who became particularly argumentative and aggressive around their father. How to help in this situation? Well one thing you could do is to cut cords for the father each night. Probably using the general macros as this would allow love and light beings to cut the cords the father most needed on that day. It is not necessary for you to tell him this is what you are doing for him, however it may increase his healing meter if he knew you were doing healing on him. If he is your partner you can send him large amounts of healing as you are already very open to each other being partners. I include my partner and children in all cord cutting I do for myself and any other being. I have a standing order in with love and light beings that states anything they need for their highest good be done without me having to ask.

Coming back to the aggression in the children, when you see them displaying this attitude around their father cut the cords, all that is not love between them and with all aggression and unforgiveness. The father is not creating the aggression in the children he is just causing their own latent aggressive tendencies to arise due to his own anger arising. As you cut more cords for your children and partner, their ability to take more healing goes up. It's like exercise you have to get used to it slowly. We took lifetimes to build up all of these cords, we can't let them all go at once.

The use of the chant means that you will not cut cords uselessly and that you can ask for specific ones that take more chants to cut as these are obviously the ones that need attention right now. If you are finding it hard to know when to stop chanting ask love and light beings for an extra sign that the cord is cut, for instance a cough, an itchy nose, a change in pitch in your voice, get used to the subtle signs your guides are using to communicate. Often the most communication you will get is your thoughts. If you happen to think of cord cutting during the day, you can be assured that it is your guides putting that thought in your head. The more you act on these thoughts the

more you will notice them. What we call inspiration is actually our guides using our thoughts as a channel for divine guidance.

Do you keep asking your angels and guides for signs that they are with you and they seem not to be answering? You might be better off to ask for something you are not attached to as a sign, maybe a random act of kindness, somebody giving you a flower or a card or a phone call out of the blue from an old friend, rather than a pile of money. You are way too attached to the pile of money. You are coming from a space of lack when you feel you need money and that space of lack will not create abundance. Like attracts like so to create abundance you must already be living with an awareness of abundance. You need to notice the joy and happiness that is already available to you. The fact that you are not starving and that your worst fears have not happened, i.e. you can manage the bills and have a roof over your head is reason enough to be happy in this uncertain world of ours. Take this and build on what you already have, not what you don't think you have. Give thanks, and cut with all affirmations of lack which are negative affirmations. Yes we make affirmations all the time, only most of them, if we do not make a conscious effort to change, happen to be negative. For example: "you must work for every penny," "I never have enough to pay my bills," etc etc. After you have cut with these negative beliefs then you can add in positive energy giving affirmations and remember to say this every time you catch yourself on the old track. However to do this you need to maintain a high level of awareness to notice when you are having these thoughts and to correct them when you are having them. At first you are only likely to notice when you are having a "worry fest" but gradually you will notice your thought processes more and more. You create your universe with your thoughts and it's highly important that you begin to take control of them for this is your power house of creation. Each thought creates the next thought so in this way when bad thoughts arise you put the brakes on with cord cutting. Then because you are not used to thinking happy abundant thoughts you need to practice this with affirmations of abundance. Eventually you will notice all your thoughts are being replaced by your natural state of being which is Love.

What is love? Love is the state of being able to feel and see and experience beauty right now. Most of the time our minds are filled with such junk that even if we were in the most beautiful spot on earth, with all we desire, we would still have minds full of craving and fear that we were about to lose what we had. To realise this state of love, the negative thoughts have to slow down and even stop, but there are always thoughts so you must make an effort to replace them with awareness of what is beautiful around you. The mind is like any muscle, the more you exercise it the stronger in this pattern it will become.

Do you still think the source of your unhappiness is someone else? Every being that has ever hurt you is actually a wounded aspect of yourself. As you forgive all that have hurt you, you are forgiving yourself and allowing yourself to be whole again. If you have a partner who seems to cause you unhappiness, don't say I will only experience happiness when he / she learns how to treat me, for that is totally giving your power away. When he / she does something that hurts you. Go away cut cords for all the anger and hurt you feel, when you are back to a balanced state, explain to them how they made you feel, because now you are coming from a place of love and you are no longer projecting anger which just makes them throw up the defences. Even if they don't actually listen to you, you will know you did what was necessary to

heal yourself and get rid of another layer of anger and resentment. This means if they repeat the action next time you are less likely to be hurt and you have got rid of one layer of old reaction pain. We co create the situation where we can be hurt, we are so used to reacting in certain ways to certain situations that we don't really listen to the person at all we listen to our old reactions to similar situations in the past. In this way we create a self fulfilling prophecy. You need to cut with all this negative expectation and actually listen and act rather than react.

Tutorial Six: Meditations

Figure 8 meditation – infinity

You can do this with a partner with a group, as a healing for one person, which of course always heals all, for a world healing, you can do it seated, lying down, standing or walking. First ground and centre yourself then see a huge golden figure eight coming out from your heart the top extending towards the heavens and the bottom extending deep within mother earth. Circulate this golden 8 around and around. When you are ready add another one and send it out sideways, then send out a figure eight from your heart to their heart, to all the people you want to connect with and send love too. Keep these 8's continually circling and sending love more and more till your heart is totally open. This I have found is particularly powerful while taking a walk in nature and having about three or four figure eights coming out in every direction.

The Waters of Eternal Life

Christ is beside you and holds a golden chalice of the waters of eternal life. He is pouring this out through every cell in your body, transforming and charging ever cell with love, washing away all pain all hurt, clearing and cleansing, soothing every part of your body and washing all away that is not love and transforming it into golden love as it flows. This is a particularly nice one to do in the shower as the water washes you, that way you get the sensations as well.

Alyssa's Spa forgiveness session

The spa can end up very crowded in this one so make it a very big spa. See all the people and if you want to you can do this one at a time, all the people who have ever hurt you in any way, in pain, see their faces screwed up their bodies contorted they are in so much pain so much suffering. Now take them and place them in a spa of golden love, see their faces relax and start to smile, see their bodies let go of all tensions, smile and laugh and relax with them, share the joy at their release from suffering. They are beautiful people it is only their illusions and sufferings that make them tense and unhappy. Cut cords with all of them forgive them all as you go free so do they, as they go free so do you. Whatever you do for self, you do for God, one and all.

Manifestation Thoughts on how it works.

I will speak a little of my experiences of manifestation techniques as it might encourage light bulb moments for you also.

I have realised that throughout my life I have manifested by release. When things have become really hard in my life, I have let go of that which did not make me happy, leading to a feeling of freedom and joy. I have done this with restrictive partners, restrictive jobs through travel and moving on. In the last few years not being able to use that physical technique because of my children, I have found release through letting go of restrictive beliefs based on fear.

Clarity on what I am trying to manifest has improved in the last year or so. While money is nice and a certain amount is necessary, (God has always supplied me with the necessary, maybe not always the nice, lol.) it is not money that I really concentrate my manifesting efforts upon, money being such a transitory commodity. My desire is actually to manifest peace and love in my life regardless of all outside circumstances, which are constantly changing. Now the way to manifest is to focus on what you already have and multiply this.

Although I have not manifested lots of material things, I am doing what I love, I love myself and everybody around me and feel that love reflected back constantly. I have done everything I have wanted to do, despite very little money, including travel around the world. All the skills I have discovered in life are now being used to do what I love most, teaching others spiritual health and wellbeing. I feel that it is quite significant that I would not be doing anything much differently if I suddenly won large amounts of money, this to me is manifestation of peace. That manifestation has multiplied by continually coming back to that sense of peace, especially when challenged by restrictive circumstances. This challenge actually leads me to try even harder to maintain balance in my life and find and heal all which is not balanced.

All the techniques I teach aid you in this search for peace, and put an end to suffering over the illusion of apparent lack. Often it is only the worry of future lack that you are actually dealing with, when you come back to the present moment, you will find that you can cope with whatever is, even if that happens to be an illusion of severe pain. You can use cord cutting for all illusions and get immediate relief, especially severe pain. This coming back to the present moment and dealing with what really is clears the way for release of past and future pains and fears. If you focus on now, you are freeing up resources to heal your past stock of Karma. This might make it appear for a while as if all you are manifesting is lack, but actually it is past stocks of lack and your reactions to them, that are being cleared. Ask for help and clear it, don't react to it again and create more karma.

Something that is becoming very clear to me is that no matter what we do we are constantly manifesting. If we add all our energy to thoughts of fear and lack, that is what we will manifest for ourselves and also if our energy is strong enough also for others. Now don't worry that every fearful thought you think you are going to manifest for these thoughts are accumulative until they reach critical mass to manifest. If you cut cords with unpleasant manifestation thoughts (anything you wish not to happen) it will lose its power and help heal a little stock of those thoughts and next time you will find the grip of those negative thoughts and fears a little less. What you dwell on the majority of your time, in your mind is what you create and draw towards you.

Another important fact about positive manifestation is you have to be open to receive, for this you must clear all within you that says you are not worthy to receive. We must place ourselves on top of the list when it comes to giving, for how are we to give to others if we are empty. This is a common mistake many beginner healers make, they give their own energy to others to heal them, instead of drawing on the universal wellspring of love, this leaves them feeling depleted and drained of energy. A much better idea is to clear the self out so that you are a clear channel for love, this way we can give constantly to others without depleting our own energy.

I am going to include my friend Lecole's experience of manifesting a new car, she used the technique of filling her heart with joy and then channelling that joy out and manifested the car she desired

Hi, Love to you all, I wish to also share my light bulb moment! re manifesting! lol. Well I only found out about manifesting just over a year ago, (from Alyssa) and I too was unsure of the process and the gift! I needed a car as mine was breaking down gradually; in fact I just managed to get the children to school! During the last few journeys in the car the children and I would sing our manifestation song, but the one thing that I felt, shared, with the children is that we should believe it was going to happen in our hearts! I would tell the children the colour, shape, low mileage, owned by someone elderly who looked after it, and found myself stoping at traffic lights behind the latest, shiniest model! lol

The day I picked the children up from school, took the car to the garage the mechanic advised that I had spent so much money on it in the past, it was very old not worth repairing! ok I thought I would just leave it there. We removed ourselves from the car! I thanked it for being in our lives and walked away.

The mechanic ran after us and called us back! He knew of a car that was for sale! umm..so I described the car to him before he finished his sentence! He was amazed as I was! lol

To cut a long story short I had to borrow money and again I manifested abundance! The people who loaned money to me, were not the people who I had expected to do this! (Angels in disguise!)

We were blessed with our car! Extremely low mileage, 8yrs old and very well looked after by an elderly gentleman who had passed away, and his wife was unable to drive the car! Entering the car, I thanked the gentleman I never knew, God and the angels for my abundance!

So, my light bulb moment was to learn patience, inviting love and peace into my heart, to realise that I have constant abundance around me all the time, have a strong knowing and feeling in my heart that IT IS going to happen, IT IS on its way! Not putting any restrictions on the outcome (how, when why) and let Go, let God!!

This will be an ongoing journey of discovery regarding the manifestation process but for now I will leave you with a meditation I did concerning abundance, with my healing group.

4th of July, 2005

I put the group into pairs to do some channelling and first asked them to channel Isis and Thoth. Les got a big sun pendant being placed around my neck in honour and Nat got a winged pendant because I asked her to have a look at the pendant too. I then asked Les to do a regression on me to get any info we needed on manifestation. Julie sensed the crowd roll in to watch like big clouds. I sat in the rocking chair and Les took me down to where I could see myself in a market place. I was in a white dress and there was music and dancing and the smell of food going on all around. Then Les asked what I came there to learn. I said I saw myself in a court and I was producing white doves from under a scarf and it wasn't a trick, I was laughing and I said what you do to manifest this is to, bring the intention down through your third eye and out through your heart and the energy from mother earth up through your sacral and base chakra through the heart, you manifest what makes you happy and your heart to sing, effortlessly. This can be done just for pleasure and enjoyment, it has not got to be done to help anyone, it is done just for fun, just for joy and does not matter if it is for self or others.

Then there were loads of boxes around me with fringed scarves with gold coins on. Les asked me to open one and I opened what I called Pandora's box and in it were the Akashic records being used to help people see their way through the maze of illusion. Then Les took me deeper and asked me where I was, I am humming at the time. (I was both fully aware of my world in regression and the outside world around me as I do not wish to be in a deeply unconscious state and relinquish my awareness for anyone.) I said I was in Lemuria, and my Pegasus was rearing in front of me, very frisky, white with a gold mane and wings, Les said "how are you communicating?" I said "by telepathy". Les said what are you there to learn and I said with a laugh, to party with the elementals. I said there are dryads and nymphs and fairies, it is so much fun, one is combing her long golden tresses. Les said what does Alyssa need to know from her higher self and I said how to give to herself without stint. The elementals then wanted to talk and said, know we are coming back at this time, all you are doing to help yourselves and heal yourselves is helping us come back, it is transmuting the energy of fear into love. We are here to help you manifest, go out into nature and any pain you have, lie down and give it to us for transmuting, the more help you ask for the more we can give you, it is our joy to do this as it increases the love for all of us and helps you reconnect with Mother Earth. At this point I channelled a personal message for each person present, then Les said that a big man came down and put a lantern in the middle of the room to remind us all to live in the light of our soul. I enjoyed this experience I hope you enjoyed reading about it.

Tutorial Seven: Mind and Body Connection

In the classes I used to run, I continually stressed awareness of what the participants were feeling in their bodies. In our busy painful lives we often forget or actively ignore what our bodies feel like, in an attempt to avoid pain. This does not work, instead the pain and avoidance goes down into the unconscious, comes up in your dreams and if it is not tackled at some point it manifests as disease, dis-ease with your body and bodily sensations.

Many in my groups assured me they couldn't feel anything, then I said to them "aha so your tummy is not rumbling, you haven't got an itchy nose from that cold?" They then say "but those are not sensations!" If those are not sensations what are they? You may have noticed when you get angry you often feel a pain or a knot of anxiety in your stomach, your stomach holds much pain, that is why so many of us have chronic indigestion problems. Pain is a very gross sensation but if you look, really look, in every part of your body you have subtle sensations going on, little tickles, movements, itches, hot spots, sore spots, tight spots, light spots. Just take a feel of every major part of your body now and see if you can describe a sensation from each part.

Now at this point in time I hear you thinking, "what is the point of all this?" Well the body is an impartial store of all your experiences. Within you is a storehouse, a cellular storehouse, from which you can bring up in the body everything you have ever gone through. Gross sensations, that is, very dense ones manifest as pain. They are not pain if you really observe, they are very close knit heavy sensations, very intense but actually there is no such thing as pain that is the mind's way of describing the sensation. You have created the thing you call pain by labelling it as such, so then mind sets in motion all the things you usually do when in pain, you withdraw, you react to it and try to mask it by drinking, eating, television watching, even causing an argument. Then more discomfort sets in, more gross sensations, in the end your brain says hey I don't want to feel anything. You have made multiple illusions to hide the fact you were just experiencing a body sensation, which when it happened the first time was linked to an experience you did not like, so it caused your mind to label it as pain. The actual bodily sensation is neither good or bad, but once it gets labelled and then the label is reapplied every time you feel something similar, you have to go back to basics and observe that which has been labelled.

You need to observe your sensations to find out what you actually need to heal, as you cut with the sensations you are cutting with the root of illusion, so it is so much more powerful than cutting with the thought. This way you cut with the error that was first made and with the label of pain or pleasure. If you labelled the event as pleasure it still needs to be cut with because then you are worried you will lose the pleasure or that you may not find it again, you try to recreate the same things that brought you pleasure then. The only trouble is life is change, the events in place did not create the pleasure, that is there for you all the time, if you allow it. The thing is to find real pleasure, real love, the only way to do that is to be in the moment. You always attribute this love to the person you are with, the place you are in. It is not that which caused you happiness, for a second you were in the moment enjoying pure love, stop

the fruitless chase, observe what is and learn to love the moment you are in, for that is truly all you have. Your body knows the truth, your body is the key to discovering that all these sensations are created by you. As you come back to being the observer you realise you are not the body, you are not the experiences, but you are the impartial observer, you are God, the creator of all your experience. Love is actually the only thing that is real but we can create what we like, we must once more master this process and to do that we must go back to basics and find how we built these illusions in the first place.

You need to apply this knowledge in daily life and put it into practice. Observation moment by moment when you are involved in daily activities is the key. When you are in a car and experiencing road rage or just annoyance at a thoughtless driver's actions, you cut with the sensations you feel, not only do you cut with that time but all the times it happened before.

Say for instance you have to give a presentation in front of an audience of experts. The adrenalin starts pumping, the hands start clenching, you can't breathe, your heart starts pumping very fast, and you feel faintly sick. Next time you have a reaction look at it, don't avoid it and cut with it and you will be cutting with every time you avoided and stored this feeling and slowly you won't have that reaction to it. You can start the day by doing this. When you get up in the morning do you have that feeling of lethargy and that you would rather go back to sleep, you feel heavy, your eyes want to sink, you don't want to get up. Well tomorrow stop yourself, see how you really feel and then cut with it, you will cut much of that in one sitting then after that slowly your reaction to getting up will change. See what you feel in your legs, what you feel in your head, which part aches, which part is heavy and cut with those physical sensations. Just feel and cut. Yes it is that simple; don't make it more complicated. When you want to break an old habit pattern don't concentrate on mind and thoughts, just concentrate on anything you feel and cut with it and it will change. Cutting for body sensations is about 30 times more powerful than cutting with fleeting thoughts. Your thoughts are very quick, in and out, mind darting here, darting there, quite shallow in comparison with bodily sensations. The bodily sensation is the depth you need to go to, to really change ingrained habits.

If you are really interested in studying the mind - body connection, I suggest studying it the same way I did. <http://www.dhamma.org/> takes you to the Vipassana meditation site.

The Healing Meter and the Chant

Some days a lot can be cut away, other days very little. It is as if you have a cord-cutting meter (ability to accept healing) and the meter's allowance goes down as you cut cords. There seems to be two ways to recharge the meter, one is over time, if you are cutting very small amounts try again tomorrow and the other way seems to be for events to bring cords closer to the surface and open you up to more healing.

As you cut more and more gross cords you need to narrow down your focus and cut more specific cords. Sometimes it is as if the attachments are tall trees within a mass of vines and smaller trees. You have to clear the undergrowth in this case before you actually find the attachment that is disturbing your peace of mind. In a few instances

people have not been able to make the macros work for them, they needed some specialised cord cutting to even open them up to the healing available from the macros. If you feel this is the case for you seek help on abundanceoflight.com.

There is another little tool the Divine have channelled to me and that is the use of a chant at the end of the cord cutting prayer. Now it does not matter what this chant is, in the name of love is nice, Om shanti, anything really as it is not the chant doing the work it is but a measure of how big the cord is.

Now this is something that happens for everyone I have taught this to, when the cord is cut, your voice fades out, in other words for one reason or another you feel like stopping the chant. Some people cough after so many chants, others just feel stupid carrying on, for me it just stops dead I just can't chant any more. Now it does not matter if you do not use this tool, you can quite easily finish your short cord cutting prayer with Thanks be, heal and change the energy to love. Here is a quick example of the two methods.

Light beings (address your prayer to whomever you like) please cut the cords with this anger I am feeling now, (Chant method) IN THE NAME OF LOVE, IN THE NAME OF LOVE, IN THE NAME OF LOVE, IN THE NAME OF LOVE, IN THE NAME OF LOVE, (voice fades out) heal and change all energy to love.

Light beings please cut the cords with this anger I am feeling now, Thanks be, heal and change all energy to love.

Both versions will do exactly the same job but the first method gives you much more information. You will be able to tell if one day you are more angry with your mum than the day before because you had to chant much more today.

However you use this technique you can not go wrong as the intention only to do good is built into the technique. Most importantly do not complicate matters this is only a conversation between you and the Divine, you do not need all those flowery words we have been taught in the past, we just have to let the divine know what we want fixing and it will be fixed.

We are all powerful beings with the ability to manifest and create what we think about. If we put all our energy into worry about losing our house or job, is it really a surprise when there is loss?

CUT CORDS WITH YOUR FEARS

AFFIRM THAT YOU ARE SAFE, ABUNDANT AND TOTALLY LOVED

GROUND GROUND GROUND.

How can it be that simple you say? God is simple, God is simply love. Is God going to make anything hard for you? No it is you that insists on complicating things. So chill be as a child, you can not make a mistake just tell God what thoughts you do not

want to manifest and cut with them in any old words you like. God does not care only the intention has to be put out there, as it is asked so it is done.

Then you affirm whatever is appropriate so if you just cut with anger you can affirm you are peace and beings around you only feel your love. Last of all it is so important to ground, if you are opening up the channel to God and more love, you have got to do something with that love, if you try to hang on to it, like any energy it will get blocked and form dis ease. So give the excess back to earth. Eat healthy food, drink water, go for walks, play with pot plants, play with your children, do the washing up, not brain science but very important.

During the time I practiced healing with this technique, over a two year period I developed a list of cords that regularly need cutting for most people. I called this list The First Time Healing. In the next chapter is a tutorial giving the details of this healing.

A bit more needs to be said on manifestation, you can only manifest from two base thoughts, one is love and one is fear. Take this example, you want a new job and this is the way you think about it: This is a lousy job with lousy pay the boss is an idiot and will sack me soon anyway. I want a new job and I want it now and I want a job with lots of money and heaps of holidays. What the universe heard was what you started the thought off with and what you started off with, was your lack, your statement of lack and so that is what you manifest. You manifest not only the lack of a job but also you get sacked. You got exactly what you asked the universe for.

Ok second scenario: I am in a lovely job with lovely people the pays ok but I would like a job where I can really shine and that I can use all my talents for everyone's highest good and I would of course get pay that was appropriate for this wonderful work. Can you see it, in this scenario you impress the universe with your sense of abundance and with expecting even greater abundance and this is what the universe reacts to and lo and behold you get a fantastic new job and everyone is happy.

If you notice your base thought is one of fear do not resist it and try not to think of it for the more you do this, the stronger it will get. What you do is acknowledge the truth of your thought processes and cut with any negativities and fears. Then you affirm all the positive things and then you go for a walk or drink some water.

Only Love is Real: a Simple Concept

Only love is real as a mantra is ok but many times it lulls the mind to sleep, your real strength as a human being comes with your reasoning power, your power to test, your power to create. A better way to use this ultimate truth would be as a tool of examination, in which case saying it as a mantra might actually prompt you to think about this each time you have an awareness of yourself chanting it.

Now how do you use this as a tool, well we have many different levels of mind going on. For a start, say you are standing in the shower, you have the level of mind that made you decide to stand in the shower and that is actually directing where you place the soap on your body. You have the level of mind that is aware of the now, the

sensations on your body, the temperature of the water, your reaction to all these stimuli was actually created by thoughts and actions from the past but we will not go there just now. You have another level of mind that is thinking about the day worrying about the bills or what Fred said yesterday. That is just for a start and I am sure you could identify more levels if you were to look hard enough, all this is going on at the same time.

So the tool ONLY LOVE IS REAL, when you become aware use this saying : examine each level of thought with this tool and say is this thought real, is it love. Is what I am doing now based on love, was the idea to have a shower loving, is what I am experiencing now love? Easy enough with a shower, but there are other actions which the intention may not have been of love. You have a pain in your back, are you looking at it with love, affirming it is not real and asking Light Beings to relieve you of all pain and suffering or are you thinking, Oh no this is cancer I am never going to make it through the day, the surgeon caused this with his operation, my boss caused this with the way he treats me. Are your thoughts of today and yesterday of love, are you thinking all the ways you can make life better today for Fred and are you thinking how Light Beings will give you a miracle to pay for that bill today.

Love is the building mind blocks of all your future experiences, if we concentrate on the now and make sure it is infused only with love we will create only love for tomorrow. When you come to the end of your life you will not be judged you will only ask yourself how much love did I create? How many moments did I actually spend in reality?

ONLY LOVE IS REAL, LOVE IS ALL I FEEL.
ALYSSA MARY ROSE.

CARDS

Description

I developed a large number of “cards” that you can use in a variety of ways. Originally, I had links on my website so that you could click on the link and a card, appropriate to your situation would come up for you. The Macro of the Moment cards contain a mini reading and a macro for cutting cords with. The First Time Healing cards contain cords that need cutting for most new-comers to the technique. These are very useful for quickly cutting away large numbers of cords in a short time.

I have now reproduced the Macro of the Moment cards and the First Time Healing cards in this e-book, along with a page with numbers (Page 97) that you can cut out and use to randomly draw a card with. Look up the corresponding card and cut cords with it.

Macro of the Moment Cards

The online address for the cards is

<http://alyssamarose.com/aolmacrocards.html>

MACRO 1

You have been working on moving yourself from a position of loss and depression through to a position where love and joy is going to spring anew for you daily. You have been working on inner order. This is slow steady development of self and to create a firm foundation is more important than huge fast awakenings. You have been working on your self discipline, how you view life, and how to ground by good diet plenty of sleep and exercise. As you develop as a human being this is a natural progression, we start to realise how privileged we are to actually have space on mother earth and how you use mother earth's resources and share them becomes very important. This care does not come from a place of lack but one of care and concern for mother earth. This uses all the skills your mother shared with you and through developing your nurturing, generous side of self you are honouring your mother in everyway you can and she is very proud of you and how you have coped and grown through adversity. The only down side of this part of you is your need to self sacrifice, make sure you remember who is really important, you. Happiness has to come from within and to truly find this on a day to day basis you really have to analyse what you want and learn not to feel guilty about it.

“BALANCE AMID ABUNDANCE”

Love and light beings please use all macros to heal and aid all effected by this macro. Please cut all cords of negativity between me and all loss I have ever feared or experienced, all grief and separation, all that separates me from the love of spirit, with all mothering and mothers across the lives and with mothering myself and my inner child, with all fathering and fathers and with manifestation of physical abundance in this world. With all fear of abundance, for fear of later loss, with all lovers and partners and any blocks I have of sharing my love openly with any being, with any

protections I have ever put on my heart that now stop me feeling or giving love. With all my psychic gifts and with all communication with spirit and with all that is not love between me and God. With all fear of lack especially in the domain of finances, with all self confidence issues, self love, worthiness, guilt, unforgiveness, all blocks to my awesome love shining through and attracting all that is good and love into my life now. Thanks be, heal and transmute all energy to love.

MACRO 2

You are working deeply with trust issues at the moment, trust in self and in divine love, you want to be able to see the future, but I feel you are in the final stages of completing a part of your life before the door opens for something new. As the new door opens love faith, courage, hope, inspiration, sincerity and innocence will return in full measure till your cup runneth over. You are actually a bit afraid of everything going too well, you have heard so many times you must pay for everything, nothing is gained without hard work. Yes in a way nothing is gained without hard work but we are not talking about the physical world here we are talking about your spiritual world. The work we are talking about is reordering your thoughts and getting real tough on all thoughts that are not truth. How do you tell if a thought is not truth, if it does not empower you and make you feel good and help you work out how to deal with something more constructively it is not a truth, it is a worry a mind fret and it needs cutting with, especially the ones that stay around for more than a minute or so. The more you get used to looking at your thoughts and asking is this a positive mind train or negative and cutting with all the negative ones, the clearer you will become. We have negative attachments to everything even if we really like it, we fear losing it. You are totally safe because we can't cut cords of love. Love is basically the only thing that is real therefore you can't cut it and if you can't cut it you are safe to cut everything even love itself as all you will cut is your fear of losing love or the conditions you put on your love.

“BLOCK BUSTER”

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut all cords of negativity between me and all blocks to divine love and love of self, with all mother earths grounding and balancing, with fear of speaking my truth and using my gifts, with any times in the past the gifts have been abused, with all service, victim hood, martyrdom and persecution for my beliefs. With all beliefs based on fear, with all belief in disease, and with faith in self and healing power, with intention and will power, with unworthiness, guilt and self harm, with all times in past lives I died slow painful deaths and watching loved ones suffer with all grief sorrow, loss abandonment, and especially the feeling of abandonment by God, with all loneliness and depression, with mother nature and connecting with the body and the body's needs, with all hatred of the body and destructive tendencies and all addictions, with all that is not love in my surroundings and work place, and asking that all cords draining me from any being are now cut leaving only love. Thanks be, heal and transmute all energy to love.

MACRO 3

Your passions are on the rise, you however can choose to channel this passion into sexuality or your creativity. I would make sure you don't channel all of it into work as this is not the balance you are after. This is really because you are once again connecting more fully with divine power and you will find in the next few months many people are attracted to your growing light, which will help in business and in your personal life. Your patience will also increase and what used to really annoy you at work will no longer and contentment in general will flow effortlessly, however you make it look effortless but in actual fact you have to do a lot of work behind the scenes keeping the channel for love clear. Mother earth is going to react in kind when you acknowledge and honour her so she will acknowledge and honour and share her love and abundance with you and you will be abundantly provided for.

“CLEAR CHANNEL”

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut all cords of negativity between me and with all perceived blocks to abundance, with overwork, dependence, independence, trust, honesty, with all that you work with, with open communication, with all secrecy and slander, with advertising, business practices, taxes, laws and judgements, with competition and fear of lack, with matching customers' desires to product available. With my intuitive gifts and any blocks between God and mother earth, with divine inspiration, with all that I heal and all that I have been healed by. With all techniques and sacred knowledge with will power and manipulation and all abuse of power. With the children across the lives and with all fear for them and anything they need, with all fear for the future and anything else that needs cutting right now to allow love to flow into all areas of my life and with all blockages that would stop this flow. Thanks be heal and transmute all energy to love.

MACRO 4

You still need to work on knowing it is ok to be happy and fulfilled, there is work to be done on your emotions and sharing your love with your partner and all this has to come from the very deepest part of your knowing of connection with source. You are still thinking romantic love when you think of your partner you must start pushing deeper and seeing to the deepest source of unhappiness and improving your communication. Don't do things for your partner if you are feeling reluctant and as if you are being used, change the pattern of interacting within your relationship. Do some little things your partner won't expect, just some little things to let your partner know you are still thinking of them through the day with love, slowly the message will sink in. When your partner does start spending more time communicating with you, let them know how much it means to you, without trying to chastise them for all the times they don't notice you. This is where being grateful works, by being really grateful and people love that feeling thrown back at them, then they are more likely to repeat the behaviour. As you work with your outside relationship also work on the balance of male and female within and communication between your inside world and deepest thoughts and expression of this in the outside world.

“CRYSTAL FIELD”

Love and light beings please use all macros to help all beings affected by this macro. Please cut all negativities between me and the need to belong, to be appreciated, to

have my love returned the same way or by the same person, with all that is not unconditional in my love of any being, with all frictions between me and my partner, with all the blame and guilt about the work I do and not being understood by anyone, with my beliefs and the opinions of others, with all misconceptions on how healing works, with all feeling of responsibility and burden, with knowing it is Gods power that works through the clear channel. With me and my guides, mother nature, my animal guides, and with all the elementals, with all blocks to physical abundance, with my children past, present or future, and with and feelings I have of being inadequate in any way, all fear of abandonment and separation, with knowing it is a very loving act to step back and just send love as those I love go through their trials and challenges. With making time for myself and connecting with nature and my body, with all that I do not love in myself so that I may give to myself unconditionally. Asking Michael and the crew to clear my home and workplace, so that no worry or responsibility remains. Asking that any protection I need to be put up without asking at all times, knowing that the love of God is always my protection and that I am safe in love at all times. Thanks be, heal and transmute all energy to love.

MACRO 5

You are going through a time of massive insights. Communication with others will be more productive at this time, previously perceived blocks to projects will just fall away as if they were never there. Make sure you are coming from your heart in all communications not a place of fear, do not withhold your truth for fear of being rejected. This is the time to step lovingly into your full power and to command with love. When you notice yourself slipping into old habit patterns of mental agitation fear self doubt and confusion, nip it in the bud with some powerful cord cutting. As you do you will find your compassion for all grows along with your intuition and healing powers.

“EARTH AND FIRE WORK AS ONE”

Love and light beings please use all macros to aid and heal all affected by this macro. Love and light beings please cut all cords of negativity for me, with all that would binds me and any being, with all jealousies, old angers, unforgiveness, guilt, with all pride and prejudices, judgement and indignant outrage, with moulding this to compassion for all, with deep insight into all that is illusion and suffering. With all powers of clairvoyance, intuition, healing, with all gifts and debts, with all teachers all techniques all knowledge and ways of doing things, with demands and expectations, with abundance in all its forms and fear of all kinds of loss, separation and abandonment, with all healing powers and tools and with all knowledge left behind in previous incarnations and asking for alignment, balancing and grounding for all incoming soul fragments, with all the elements and mother earth and the balancing act required to remain within the peaceful centre. Thanks be, heal and transmute all energy to love.

MACRO 6

At the moment all appears to be chaos but this chaos and change is necessary to stir us from our stagnant slumber and all the change that is coming into your life is good, from this chaos and change you will find a balance within yourself that will lead to a major spiritual breakthrough as you breakthrough and learn to love yourself the relationship worries will just fall away as if they never were. The trouble is you have

been seeking love in another and it is always with self, as hard as you push towards something is as hard as it runs away from you. Now is time to draw back into yourself and love self as you find that love within and for you it will shine out and draw all in like a magnet, no longer will you have to fruitlessly chase love it will come rushing towards you and this is what you really seek out of life, is that wonderful warm loving feeling where no matter what is going on you know you can cope and you have that core of love to support you through all the harder moments in life. You will find again your trust in the universe and not see it as such a hostile unfriendly place, you will learn to throw yourself in the angels arms again and not ask when and how but know that all that is needed will be there for you now.

“FINDING THE LOVE AND TRUST WITHIN AGAIN.”

Love and light beings please use all macros to aid and heal all effected by this macro. Love and light beings please cut all cords of negativity between me and with all past relationships, all fears of rejection, abandonment and separation, with feeling small and unworthy inside with all guilt and unforgiveness, with all anger at god and the universe and fear I will not be supported and loved, with the chaos of my thoughts and life and with all fear of change and storms. With others opinions of myself and with all gossip and backstabbing and regrets. With all fear for the future and with finding love and stability within, with finding out what I really want and going for it without any guilt knowing a happy me makes for a happy world. With all negative expectations I have of the world and with all times I have shut down my heart from being hurt, with all beings pulling on my energy and all belief in nasty things. With all between me and God and my guides that is not love so I may know I am loved and supported at all times, never alone, never unloved. Thanks be, heal and transmute all energies to love.

MACRO 7

Has somebody dear to your heart has just passed over and there were things that were never cleared up while this person was alive. Do not think that all the love sent to this person to heal was in vain for love is never in vain it healed them on a deep soul level and it healed you and the healing journey continues. Cords cut for those on the other side can be three times as effective as cords cut for them on this side of the veil because they are now so much more open to healing having crossed over. Why would they need cords cut when on the other side you ask, this is because they are very attached when recently passed to things on this side of the veil and it takes a request from this side for them to be healed since the cords originated on earth. They have other methods of cutting cords on the other side but cord cutting from this side works very efficiently and quickly to relieve grief and suffering on all planes of existence.

You feel this is an ending now, but it is actually a new beginning. Endings always seem to have a blank bit in between where things seem depressing and stagnant but this is deceptive, this is the part where the most powerful creation is taking place. What you hold in your mind and intention now is so important, make sure you only give energy to your positive thoughts, that which you would like to happen and cut cords with all other thoughts, lest you add energy to their manifestation in the near future.

“GENTLE GROWTH”

Love and light beings please use all macros to aid and heal all related and effected by this macro. Please cut between me and all feeling of grief and sadness across all the lives, with all sadness and wells of tears that this death brings to the surface, with all belief in finality and with fear there is nothing beyond death, with belief that love can be lost and that you are now separated, with all physical separation and blocks of grief and unforgiveness that prevent communication beyond death, with all that the deceased is still attached to and all mourning their death, with all anger and disbelief and depression related to their passing, with all surprise and confusion at their passing with all that needs healing for the deceased and the deceased's loved ones. With depression that follows change and all fear of the future, with all would have beens could have beens, with funerals with ceremonies and observances, with financial hardships and all blockages due to not being able to see the joy and love in life, with all black clouds and separation from the light and God and anything that can be cut so that total love surrounds me and my loved ones, and so that I may feel the presence of all my loving guides constantly supporting me so I may never feel unsupported or unloved again and most importantly with me and anything I do not love in myself and with knowing I am my own most powerful healer and that anything is possible when the love inside me is released. Thanks be, heal and transmute all energy to love.

MACRO 8

Your main concerns at the moment are with trusting yourself and moving into, putting energy into that which makes your heart sing, your passions and knowing you are worthy of spending time on stuff you want to do just because you want to do it, not because it helps the family or makes money just because you enjoy doing it. When you really start channelling energy into this creative pursuit, it will release much energy to be used in your life for all the other things you do. You see it is not really selfish at all to make time for yourself it is absolutely necessary, for if you do not fill up the well, the well runs dry for all.

Is there a situation with an ex or the government, or employer that is unsettling you? So far in this situation you have taken a victim role or a rescuer, however it is now time to draw back and stand in your power and state what you want out of this and cut cords with everyone else's expectations of you. Really you can only know for sure what you want and need (most of the time we don't even manage that) you can't know what another person needs in terms of their karma and you must leave that up to God. Once you are sure of what you really feel is fair out of this situation and what you are willing to offer and what you expect in return, make it clear to all involved then it is up to them if they accept your conditions or renegotiate, but if you are never clear on what and how you want something, how is anybody else going to be.

You have a wealth of untapped resources, you have got to stop seeing wealth so literally as things or money, if you are buying into that feeling and thinking of you being lacking look again and see what people have been offering you and you have been refusing out of pride or the mistaken thought that it will make them poorer. It never makes another person poorer to accept gifts of unconditional love.

“GROWING WITH MY PASSIONS.”

Love and light beings please use all macros to heal and aid all effected by this macro. Please cut all cords of frustration for me, with all situations and relationships I have put on hold, with all fear of loss of love, support, money, with any fear of loss of face, with fear of confrontation, with my loved ones and fear of not being there for them, or for them lacking in life, with fear of failing anyone especially myself, with self love, self confidence, with generosity and selfishness, with giving and receiving, with manipulation of will and abuse of power, with all feelings of responsibility, with all burdens I take on for others, with all my passions and any fear of taking time for myself, with all resources, and with any beliefs based on fear, with trust and faith, with all the times I have been let down or hurt in life, with all protections I have put on in the past, which now prevent me from opening up and feeling love, with anything my home or workplace needs cleared and with protection and filling all with love. Thanks be, heal and transmute all energy to love.

MACRO 9

You are working with livelihood worries at the moment maybe you are changing jobs or looking for a new one. You are working on security issues, and integration of all you have learned so far. You will be able to bring all the healing you are now experiencing and learning into play in the new work situation and bring such a comfortable air to the workplace nobody will want to leave. The love that will be returned to you from this will actually bring you much security and you will see how much you love yourself through this reflected love. Love being the key to everything this will draw together all you have learned from this life and create many new avenues for you. I see much joy from this next period of your life but something you must be really firm about is finding time just for you, not only for meditation and contemplation but also for enjoyment. It would do you good to break into something totally new in the way of hobbies or pastimes and also getting involved in something active would please your body greatly and help you keep your energy levels up.

“INTEGRATION OF THE LOVE FACTOR INTO ALL AREAS OF MY LIFE”

Love and light beings please use all macros to aid and heal all in relation to this macro. Love and light beings please cut all cords of negativity for me with integrity, with being an advocate for others, with all self sacrifice and all victim hood, all service and vows related to such lives, with all vows and pledges of allegiance, with all partnerships and with all business contracts, loans debts and promises, With anger especially related to injustice and judgement, with all sentences with all blame with the victim and the abuser so the light may be seen equally in all beings. With security and fear of loss and depletion, with completion and the cycles of life, with the body, self image and exercise and food, with any addictions or self harming actions. With being a workaholic and pushing the self too hard, with self condemnation and criticism, with all my intuitive gifts, with all I heal, with all religions and beliefs and any based on fear, with communication and all between me and my guides and God that is not love, so only love may prevail and fill every aspect of my life. Thanks be, heal and transmute all energy to love.

MACRO 10

You are trying to break out a self destructive cycle particularly where your relationships are concerned. You feel inside you so much insecurity and you have tended to look to others to fulfil this feeling instead of working towards total security within yourself. This insecurity I feel has a childhood origin and you are very addicted to negative self talk and blaming yourself for everything wrong in your life which means you look to others for confirmation that you are a lovable being. You need to change this pattern and as you do the type of relationships you attract will be heaps healthier. This continual criticism of self is also causing oppression in other areas of you life, stagnation and boredom and fear of loss continually fear of losing love. You can never ever lose love, start trusting yourself and the essence of love some call it God, that there is such a happy plan for your life and if you relax and stop this fear of loss its going to fall into place for you a lot quicker. If you can internally catch this negative self talk as it is going on and cut cords with it gradually you will lose your addiction to it, for you do have an addiction to that feeling. What will take the place of all powerlessness is power, based on love, you will feel full of energy, have wonderful enthusiasm and a joy for life that will infect all those around you. You are undergoing a transformation and it is always frightening as our old selves seem to die for us, however the old must be chucked out so we can see through the windows again you have so much junk stacked up at your windows that there is very little light falling through them, A clean out of all the mementos from the past might be a good idea any that brings up a negative memory give it away chuck it out. As you do this physically you will also do this mentally. From this transformation will come so much creativity and compassion and you will start to feel your full power and joy in life.

“KNOWING MY POWER”

Love and light beings please use all macros to aid and heal all in relation to this macro. Love and light beings please cut all cords of negativity between me and all abuse, obsession, oppression, insecurity, addiction and pain and suffering. With all the partners and relationships across the lives that caused me pain and with feeling I need to look for love in others, with rediscovering the love and wonder at the person I am. With ever feeling lesser than another with all powerlessness and victim hood, with all fear of loss of love, income, money, with fear God will let me down, with all separation, abandonment and grief. With my childhood and all abuse of power and lack of communication, with all parents across the lives and with parenting and feeling inadequate to any of the challenges of parenting, with all fear for my children or dependants. With fear of using my power and feeling love or compassion is a weak stance and that I will lose what I have if I step back and surrender the problem to God. With all self abuse, criticism, negative self talk, unworthiness and guilt. With all that I need healing so that I and my family may live in everlasting peace and love. Thanks be, heal and transmute all energy to love.

MACRO 11

Are you are working on an acceptance issue, there is something you have been told about the future some secret that is getting at you, you are maybe feeling you don't have free will and that you have to go through suffering and pain for a greater good? No suffering and pain do not bring love and peace, you always have the power to change any predicted future and if you only accept love as being real and work towards making that a reality by cutting cords with all negative attachments that will

be the only reality. Any reading or advice that ever contains doom and gloom predictions is based on fear, fear is an illusion and not real, therefore there is no truth in it but you always have the power to create that fearful reality if that is what you buy into.

You are a very sensitive being, very connected to mother earth and you feels shifts in mother earth vibration very keenly and react to this with quite drastic mood changes, sometimes you might find earth had a volcano erupt or a tremor or something that day and if you do cut between yourself and that event because you are unconsciously reacting to them all the time. You are artistic even if you have not found a way to bring out this in you yet try and find a way to bring your creative talents out to share.

“RAINBOWS”

Love and light beings please use any macro to help heal all affected by this macro prayer. Love and light beings please cut any cords of negativity between me and my loved ones all that is not love, with all negativities and any residing in our homes and workplaces, with any suffering and pain and health problems, with all fear of judgement, and condemnation, with fear of being judged different and being an outcast, with all victim hood and martyrdom, with sensitivities to earths pain, with all changes and psychic gifts and fear of using them, with self love, with acceptance trust any thing that is not love between me and god and guides, with all creativity and livelihood and support issues, for total forgiveness for self and all others, knowing this sets all free to heal, with all lack, abandonment and separation, with all fear for the future. Thanks be, heal and transmute all energies to love.

MACRO 12

You seem to be feeling quite confused and you are putting a lot of time and energy into trying to understand something the mind is never going to comprehend. I feeling you have been taking some quantum leaps within yourself lately, but fear is arising about what will follow these leaps. This is about being your true authentic self and with not worrying what others think of you. It is important to do what makes you feel stronger and more completely you. The changes you are going through at the moment are all in accordance with your highest good. You are a fine healer and the more you heal in self the more you will heal for others, the more you heal in others the more you will heal in self. You do however seem to be getting a wee bit bogged down by everyday issues and by everybody else's worry. You strike me as the central worry dump spot, you can cut through what was not love in the interaction between you and the other person and soon they wont be dumping on you because they will realise that they have to deal with their own issues. You are not doing them any favours anyway taking on their stuff because then they are not learning to see through it themselves. Use the macro often, after every interaction with somebody during the day if you can remember.

“REPLENISHING FROM THE DIVINE SPRING”

Love and light beings please use all macros to heal and aid all effected by this macro. Please cut all cords of negativity between me and with any blocks between me and divine sources and with grounding mother earth, with my habit of drawing from her

own energy to heal others, with all change and fear of lack, with all responsibility and others burdens, with knowing it is God's power that heals and it should not be a drain on me. With all sacrifice, service, victim hood, martyrdom, and all beliefs based on fear. With all identity issues and with fear of others opinions of myself. With all communication issues and all those I interact with, with all guilt and burdens and allowing others to throw their pain on me. With all that is not love in my relationship with my family, with all pain and suffering and injury, with all hormonal balance, with balance between God and Goddess within, with all duality, with all past life trauma and death and any soul fragment ready to return, so that all is balanced, aligned and grounded. With trust and faith, forgiveness, unworthiness, self harm, self love. With all beings sucking into my etheric field and that of my family also, and asking their home and work environment is cleared of all negative energy and filled with love and protection placed over if this is for the highest good. Thanks be, heal and transmute all energy to love.

MACRO 13

This macro centres around accumulation, now this is not necessarily accumulation of physical things but skills and things you can use along your life's path. There is a great deal of stress in you when this thought comes up in you and you doubt what you have already learned and doubt also that you can learn the things you need to support yourself in the future. To make you stronger you need to face these fears but also you have to really question what does bring you pleasure in life, for this is what you need to strengthen and put energy into, not what others tell you should do. All my life I have wanted to heal and I let people and society convince me twice that nursing was the way to do it. Both times my heart revolted before I finished my training and my body got really sick because although I knew I wanted to do healing I was not doing it in a way I really loved or in a system I loved. As you know I have found my healing path now, but honestly save yourself a lot of time find something you really enjoy to put your energy and time into. If you really step into your courage into being fully you, you can draw forth some really charismatic visionary energy, however to make this happen you also have to curb your disruptive impatience. This will put people off and not endear them to help you in your search. There is no lack of time to find love and pleasure and remember the journey is of importance not the destination. For all destinations end in decay and then renewal so its the learning and the love you experience upon the journey that is important.

“MANIFESTING A HAPPY PRESENT AND FUTURE”

Love and light beings please cut with all macros to aid and heal all effected by this macro. Love and light beings cut all cords of negativity between me and with all impatience, all fear for the future, with all fear of lack, abandonment, separation and loss, with all mothers and fathers and issues of balance of male and female within, with all livelihoods, with the inspiration and enthusiasm to carry things through, with finishing things, with others opinions, with all guilt and unworthiness, with self love and self confidence, with dependence and independence, with all anger and fear that lurks within, with all feelings of lack of control and helplessness with any abuse of power across the lives and all victim hood and abuse. With all the gifts I have and the confidence to let them shine, with loneliness and communication, with fear of not being heard or not being worth healing, with all conflict in the work place and with grace and forgiveness. With all fear of black magic, curses and entities, with all that

any being sucking off my energy needs to be free and for all clearing all my places of living need. Thanks be, heal and transmute all energy to love.

MACRO 14

I feel like you have gone through test after test enduring a lot in your life, however the time is coming close when you will really be asked to step out in faith over the cliff, so to speak, not knowing the outcome, with only faith in self and God. Your fortunes are about to change in a major way, but as ever, your challenge is to stay balanced with all the changes. As this change occurs in your life although it will be for the better, the challenge will be overcoming all your tendency to expect and guard against loss as this has been the predominant outcome in your life so far. I just found two major cords affecting me in my life. The cords were expectation, basically negative expectation of my parents as I had a very hard upbringing, and coupled with this was my childhood view of God a little of which has persisted into adulthood with the same negative expectations of God and Gods care of me. Unless we cut cords and many layers of them with these negative experiences the expectation of the same outcomes remains deep within our subconscious affecting us all the time. Cutting once with them does not work as I say there are many layers and they are not all ready to rise to the surface at the same time. Hence the macro concept so you can say this prayer very simply by just thinking or saying its title and whatever you are ready to let go of at that time will be cut for you. You need to work on letting go all your fear of change and that it will lead to worse than what you have, or to major loss of some kind.

Everything new requires you losing something, however you are not going to lose something physically, this is loss of all this excessive heavy baggage. We do become addicted to our burdens, we feel exposed and vulnerable without them, ask your guides to work with this fear of being exposed and vulnerable as you give up this baggage. We are also not used to the feeling of lightness and unless you ground well as you improve the connection with the source of love you tend to eat more to keep you on earth, so make sure you walk and drink water and ask mother earth to ground you regularly throughout the day. The more you can ground the more love can be poured through you. I feel you need to know the strength of your mothers love again, not your earthly mother but your divine mother and mother earth.

“MOTHER EARTH WRAPS ME LOVINGLY IN HER GENTLE ARMS”

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut all cords of negativity for me with all self doubt, with all childhood experiences, with feelings of abandonment, separation, loss, and grief, with all childhood expectations and all expectations of God / Goddess across the lives and with any anger at perceived abandonment. With all fear of lack, support, love, money power, with all abuses and abuse of power. With all fear of change, and with all of my gifts and any fear of using them, with faith and joy and happiness and fear of loss of such, with all that needs to be balanced, aligned and grounded. With all the mothers and mothering and with all fear of being grounded and that that means heavy and earth bound, with all my chakras and with any blocks between God and mother earth. With all I have had to endure and all tests of endurance, with all initiations, magic, spiritual paths, teachers and tools, with all vows and promises across the lives, with all fear of the darker aspects and any being or entity hooking into my energy, with my home and work place and asking all is cleared so only love remains and if me and my

family need protection please place appropriate protection for their highest good over them now. Thanks be heal and transmute all energy to love.

MACRO 15

Do you have blocks to finding time for meditation or pull back when you do go into meditative states, if you do there might be past life blocks. Times when you were killed or attacked while meditating, this leaves a soul fragment just floating around in the meditative state neither passed over or on earth. This macro will cut for any such fragments and hopefully remove any hindrance to going deeper with your meditation. It also helps with lives where you chose bliss over being here on earth, so it meant that you had to be cared for by others like a baby, now this could even be a life where you were in a coma or fairly severely paralysed or a life where you took a lot of intoxicants, say opium. Many lives we had really severe endurance tests we had to pass to prove ourselves worthy and many feelings of being unworthy and blocks to our gifts come from such times. This macro will make it a little easier to meditate and find that elusive inner peace and balance. Don't look for blissful states, look for that place of serenity and peace within you, they are often the same but sometimes when you seek bliss it means you are concentrating on that which is out of your grasp rather than looking within and finding what you already have.

“POWER BOOSTER”

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut all cords of negativity between me and with all spiritual paths, with all psychic powers, with all astral travel, with all persecution and torture, for all beliefs based on fear, with all enchantments, curses and entities, beings not of the light, fear of punishment, concepts of sin and damnation, abandonment by God, separation from self and God, with all initiations, sacred places, sacred objects, abuse of power, spiritual vows, unworthiness, with all times blissed out and dependence on others, with all intoxicants and drugs used to induce certain states, guilt and self hate, with all denial, sacrifice and martyrdom. For all soul fragments with all that blocks me from being totally connected by love from the divine source and grounded to mother earth. Thanks be, heal and transmute all energy to love.

MACRO 16

It is ok to accept you have a lot of insecurities coming up for healing, we can't stop them we have buckets and buckets of this stuff from across all the lifetimes. You have fears of loss, you are abusive to self in that you put your best efforts down, you can sabotage chances you have at happiness as you are too afraid of losing it to even accept it sometimes and you settle for far less than you are worth for fear you won't get offered anything better. Lets get back to basics every time you find yourself dwelling on past situations where you have found yourself to be lacking (we judge ourselves nobody else) cut cords with it and know it is now healed. If it arises again in the mind cut cords with it again as there are many layers to all negativities and they don't all come up at once obviously (they are also not in neat little packages labelled anger, jealousy ect they are all interwoven hence the macro concept so they are worked on and cut at the same time, just like some drugs have to work with others so some cords need to be cut with others). Every time you find yourself worrying about lack in the future cut cords with those projections and know it is healed and that you will not manifest that.

As far as your relationships go, accept that everything happens for a reason, don't go over and over in your mind looking for reasons, and what ifs. The purpose of relationships is to open to love and find your own truth. You have many soul mates from many lives, and if you spend but a short amount of time with each accept that it was the time that was needed to heal. Open yourself up in relationships as much as you can, find a safe place to make yourself vulnerable from and bring up your insecurities within a safe relationship so you may heal each other. We are not meant to be perfect or to find the perfect lover, the truth is we are all perfect already if we had the perfect acceptance and love to see that. The most important person to accept is you.

“RAINBOW HEART”

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut all cords of negativity between me and with all protection that I have put over my heart that now prevents me from feeling love and compassion, with all outmoded protection methods and with any protection I need for my highest good so I may be totally strong and protected in love, with all giving and receiving, with pity and compassion, with all anger and frustration, with the seemingly endless pain and disappointments, with all negative relationship patterns, with communication blocks with all beings, with fear of the shadow, with all recriminations and regrets, with timing and fear for the future, with loneliness and depression, with self acceptance, trust and faith, with hope and joy, with all fear of lack and loss, with fear a loving partner will not be found and that time is running out, with all blocks to total abundance. Thanks be, heal and transmute all energy to love.

MACRO 17

You are working with trusting yourself and with also where your power truly lies, where is the line for deciding for others and deciding for self, how far should you push for something without it becoming selfish and obsessional. How to use your passion so that it does not turn into arrogance, how to detach from outcome but be passionate about what you do!!!!!! Ummm don't we all battle with these subtle distinctions.

You are working on self liberation, with the inner flame and with also all your confusion between thoughts and gut feelings, with logic and intuition. With what we are creating and where we are just reacting and running on old habit patterns. What is action what is reaction indeed. You know in your heart when you are reacting, when you are feeling self justified and having to justify your reactions to yourself and how you know you are right then usually there is reaction going on here not love. All experience, all lessons you would deny others you also deny yourself, now this does not mean not protecting your child when they are about to do something that you know will not end well, but it does mean cutting with your thoughts and fears on this first. When you can come from a balanced place and stop your child not a place of fear, then you know you are acting not reacting. Even Buddha said it is fine to use strong action to stop somebody hurting somebody else but only if you can do it in love. If you can't see through the illusion that the aggressor is in as much pain as the victim and you have hatred for the aggressor then you are not in a space where your

action will actually help the victim and you are better off not to act. Luckily cord cutting works very fast so in this situation as your child is walking into danger and you have to act fast just ask for the cords of fear to be cut as you act so you are acting from a place of love. If you have more time to think before you act analyse what you are really afraid of then systematically cut with all that and you will find your intuition is heaps clearer and you will connect with your higher self's wisdom much easier without the lengthy mind debates on what is right and wrong. There is no right and wrong one action will make you stronger, one will make you weaker now try to find which one that is.

“TAKING ACTION WITH LOVE”

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut all cords of negativity for me, with all decisions I have to make, with all internal debate, with being stuck in inaction for fear of making a mistake, with all mistakes I believe I have ever made, with unworthiness, and feelings of abandonment by God or any aspect of God, with all separation, sorrow, loneliness, depression, feelings of futility, and with a feeling of being far from home. With fear for my family and all the blocks between sharing only that which is love and with all communication, with all the lessons family teach us and with bringing these lessons back to self, to self empower and increase compassion, with all fear for the future and fear of lack, with any blocks to total abundance, with all paths and techniques, all teachers and beliefs especially the beliefs based on fear and with subtle power manipulations, with all cords within any belief or system so only the love remains. With trusting my judgement and with all judgement and punishment, with making decisions for others and all fear of selfishness, with giving and receiving and with all self love and making time for self. With all negativity in the home or workplace of within all my loved ones, asking they all be filled with love and that appropriate protection be placed over them. Thanks be, heal and transmute all energy to love.

MACRO 18

Love is a cord for those who can see like that but it is a great big golden cord to everything in the universe and it is the only thing that is real and no matter how hard you try you can't cut it, what you are aiming towards is cutting every cord that is not love, so work your way through that web, ask your guides help and ask what each cord is, knowing you are totally safe cutting all and every one of them for they are not love.

You seem to be doing much contemplation at the moment refraining from doing, with watching and being the observer and you are finding holes in your beliefs where what you are experiencing is not matching up with what you believe, cut with all your beliefs for many of them are based on fear and lack, examine every belief you have had passed down to you from your teachers, your parents, from people you admire, from television, does it really fit with your highest view of how you know the world is. If not cut with it and do not allow it the power to create your world any longer. You are especially working with manifestation of wealth and happiness and things keep arsing that you think, I didn't ask for this, no you didn't, not this life, however if it has arisen then you need to clear it from a past life, once you heal the past life arising, it is totally healed and it is as if it did not happen. Are you doing something you don't believe in or don't like to do, if you are then you are using your strength

against yourself and are not going to manifest joy and happiness. Look at the things you feel really strongly about for sure there are cords to cut there, balance is integral to inner peace, and if you are vehement about anything, that is not a balanced position and as far as you swing one way you will swing the other to balance it.

Music is very a very important way for you to connect to your higher self at the moment, there is so much that can't be explained in words, music says more about love and inner truth than a thousand words. If you are listening to music and it brings up bitter sweet memories just cut with those half forgotten sensations and emotions so it leaves only the love in this music. You can use music as a trigger to heal yourself.

All the turmoil you are currently experiencing is only arising because of the work you are doing on yourself, know you are doing a fantastic job and much is clearing for you so you may know the most simplest truth that you are love and everything is just perfect as it is, for all the suffering you see is illusion, only a video not real, only illusion for only love is real, wrap yourself in this truth and it will permeate everything you do.

“TRUTH IS LOVE, LOVE IS TRUTH.”

Love and light beings please use all macros to heal all effected by this macro. Please cut all cords of negativity between me and with my higher self, all that is not love, with all the responsibility I take on for others, with others burdens, with belief in disease and suffering, with all my beliefs that do not strengthen me and allow me to feel more love, with all gossip and untruths, with all that weakens me and others, with being sure and strong in my inner strength, with all that I need to be the best person I can possibly be, with any envy or desire to be anything else, with all mistakes I think I have ever made, with all past life issues that are arising that need healing, with all negativities from the past as in curses, promises, contracts, debts, loans, unforgiveness, guilt all that no longer serves my highest good. With all spiritual paths and teachers and all that I teach and heal and with knowing it is Gods power that heals and it is not my personal responsibility so I may go free as the other person goes free. With all abuse of power, with all sacred spaces, objects of power and with any soul fragments that are now ready to return, with all that needs clearing for my home and workplace and for my nearest and dearest, asking all this is filled with love and appropriate protection placed over. Thanks be, heal and transmute all energy to love.

MACRO 19

You are working on your visionary powers at the moment, your vision of what the world actually is and how it works and how your will interacts upon this world. You need to search to find the shaman within you and endurance and gradual growth is what is required here. Mother earth has much to share with you, accept her grounding love, you are of spirit but you are also of earth and you need mother earths help as you do spirits help. Find the balance to be in the world but not of it. You are also dealing with the illusion of jealousy at the moment and your fear of loss. All jealousy comes from the idea you are in competition for love and that love is limited. The more you limit your ideas of what love is, the more limited ways it expresses itself in your life. Expand your ideas of love and what it encompasses.

“BALANCE BETWEEN SPIRIT AND MOTHER EARTH”

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut between me and with all partners across the lifetimes, with all I have ever wanted as partners, with all unfulfilled desire, with all loss, separation, guilt, with all dreams that were never fulfilled and with all nightmares that eventuated, with all jealousy, lies betrayals, rivalries, with all deceit, anger, depression, loneliness. With visions, psychic gifts and any misuse of power, with all spiritual journeys and paths, with all inner balance, with truth and sacred knowledge, with all beings hooking into my energy in any way, with any breach of trust on the etheric field and any abuse of will power. Asking that my environment is cleared and filled with love and that protection be placed over me and my loved ones if this is needed for my highest good. Thanks be, heal and transmute all energy to love.

MACRO 20

Have you been thinking about a new business idea lately? Although the feeling of the business thrills you on some levels, you also have a lot of resistance and fear, anger also at other times you have tried business in other lives and been betrayed or let down and there is lots of fear of loss, this fear keeps you in a state of stagnation. You also have a great sense of futility you need to cut with, a lot of negative expectations coming from how life has treated you in the past. Much of this comes from fighting to survive in past lives and the idea of business being fun has never really been explored in any life because its always just been a fight to survive. You fear very much the unknown and you have to let go of this need to have somebody else tell you its all going to be ok. Its the journey that is all important, sure you will have to take risks, sure you will have your ups and downs but know you are going to grow from this venture so much and enjoy it heaps so cut with all those past negative experiences and move into a totally new arena.

“BUSINESS IS FUN”

Love and light beings please use all macros to heal all effected by this macro. Love and light beings please cut all cords of negativity between me and all business and livelihoods of the past, with all negative expectation, all betrayal, all loss and back stabbing and slander, with all belief in not enough and competition, with the belief anything of value can be taken from you, with trust in my guides and God with all that I see God as a judgemental being that rewards and punishes, with all that is conditional in my love for all beings. With all family ties that are negative, with all negative expectations of family with all expectations full stop. With all partnerships be they romantic or business, with all fear of loss, rejection and abandonment, with fear that I will not be able to support my family and that I will lose what I already have, with all fear that others are out to take my share or take what I have worked to create. With all creation and ownership for that leads to fear of stuff being stolen. With any adages that I believe that say you don't get anything for nothing, all you get you have to work for really hard, money don't grow on trees ect. With all finances and blocks to abundance, with banks, loans, all financial institutions, with all fear of being discriminated against with all prejudice and with guilt, self doubt, unworthiness and judgement. Asking Michael to clear and protect my business, home and family every time this macro is activated. Thanks be, heal and transmute all energy to love.

MACRO 21

There are currently conflicts and miscommunications in your relationships at the moment. Making a solid decision about what you want and don't want will empower you, you will find balance again and not race from emotional high to emotional low as you are currently doing. You need this balance so it flows to others around you. When we create a balanced clear, organised environment where we and those around us know the ground rules and what to expect within limits, it leads to a place of security and love from which all can grow in safety.

“CLEARING FOR A PARTNERSHIP OF LOVE TO EMERGE”

Love and light beings please use all the macros to aid and heal all effected by this macro. Please cut all cords of negativity for me and with all forms of fear, with all past and present partners, lovers, with those with power over me. With all ownership and with all promises, contracts, vows, all in them that is not love, with all guilt and unworthiness, with all feelings of lost opportunity, with all fear of making the wrong decision, with all dependents, with independence, with all fear of lack of support, with all financial issues, with all abuse and emotional turmoil, with forgiveness and self forgiveness, with all denial and self sacrifice, with internalising of anger and all disease or physical pain from this internalisation, with freedom and trust and knowing love springs anew, with all feelings of responsibility and turning that responsibility back over to God so I and others can go free, with all depression, sorrow, abandonment, separation fear of loss and lack, with all physical abodes and asking they all be cleared and protected, with all government bodies and employers and finding easy ways to organise my life, with all organisation and change, with all that I worry about so I may once again feel the free flow of love through my life once more. Thanks be, heal and transmute all energy to love.

MACRO 22

The issues that are coming up for you are becoming complete, accumulation of physical things, stress, wealth and security. It does not take a brain surgeon to work out you are running yourself ragged in the material world trying to provide you and your family with wealth and security. The only trouble is meanwhile you are running in circles because there are so many things you have decided to do but have not brought any of them to completion. This keeps you in a vicious circle of unrealised manifestation. You are not going to manifest a new situation until you complete what is already on the drawing board. Either ditch those plans completely cut with them and make new ones or complete them because while you do neither you are in limbo running yourself into the ground for nothing and making yourself sick which further prolongs the run around. Your expectations need to change. You are still expecting to be let down and to experience suffering and disappointment if you risk everything for your dreams. Don't use half your energy against your self sabotaging your dreams. Know you can and will have your best dreams if that is where you direct your power. Bite the bullet stop procrastinating there is no better time than now. JUST DO IT.

“DISORGANISATION BUSTER”

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut all cords of negativity between me with making decisions, with compromise, with disorganisation and disorder, with rules and regulations, with

timetables and timing, with livelihood, with fear of lack, with fear for my family, with my family's living conditions, with courage to make new choices, with change and fear of change, with time organisation, with being direct honest, with speaking my mind and with fear of hurting others or standing in my power, with all fear for the future, with fears concerning my partner and with all perceived risks of opening my heart and trusting on an emotional and physical level. With all the times I have been let down, abandoned, separated from that which I love, with abuse and better the devil I know attitude, with the attitude that if left long enough the decisions make themselves and with fear of taking control and being wrong and making mistakes. With fear of stepping out in faith, with trust in all my spirit guides, and with all fear of let down and abandonment by my guides. With all promises contracts, debts, loans, abuse of power, control games, any blocks to total abundance, worthiness, self love, guilt, forgiveness, giving and receiving. Thanks be, heal and transmute all energy to love.

MACRO 23

As you look at your body and think how unlovable it is, this is reflected back to you from others they look at you and think you are unlovable so as always the work is with the self. The more power you give this illusion of separateness the more real it seems. As you pick on all the differences between you and the other being so you emphasize loneliness and separateness and unacceptance. What you need to do is take each one of those so called differences the supposed reason why you don't want to be close to that person and cut with that across all the lives for yourself. Work on getting down to the core of compassion, when you start to look really deep inside yourself and others you find all the same things scare us, abandonment, lack of love, fear of not being understood, of being a target for harm, with the fear we can be harmed, with fear of having things or people taken from us, we are not really such complicated beings when you get back to basics. This is why the macros for cord cutting work because they address these core beliefs of lack and fear in all their permutations. Every tool and all knowledge you are given you have to take and make it your own and your power grows from this knowledge. Stop buying into others power and thinking they know and they have the power to heal you, no way it is you that has the power to heal you and it is you that pulls yourself out of that pit, and your divine help will add their love and support to whatever you decide to do. You are the decider know this and make yourself whole again.

“FEAR BUSTER”

Love and light beings please use all macros to aid and heal all affected by this macro. Please cut all cords of negativity between me and all mental agitation, all self doubt, with confusion and mental fog, with giving power to shadows, with all relationships and the feeling of separation, loss, and abandonment. With all challenges and fearing I do not have the strength to face them, with disease pain and attack and giving reality to these illusions, with depression and dislike of self and body, with all self harm and wanting a way out of life and its challenges. With fear the new will never come, with all fear of the future and lack and loneliness, with not being able to see what is lovable about self and blocking others from my light also. With all fear of change with fear that if I lose something I will not have what I need to grow further. With fear of stagnation, death and decay, with belief in my life force and soul being finite, with all limiting and weakening beliefs I still carry, with all victim hood and martyrdom, with

giving entities and shadows power, with seeing the suffering in them also and giving love instead of fear which harms them and me even more. With anything that blocks me from stepping into the power of love every time fear rears its head. With all belief that I am separate from God and unlovable. With knowing I am totally protected and safe and that love is the most powerful tool in the universe and with it any fear fades away, all thoughts that cause me harm must fade into the nothingness from which they came. Thanks be, heal and transmute all energy to love.

MACRO 24

Is there some relationship you are involved in where integrity is an issue, either you are not really saying what you feel or you are doubtful that the person is telling the truth and there is some distrust in the relationship which is stalling it becoming anything more at the moment? Integrity is something that starts with you, as we are more and more honest with ourselves so we can see when things are not being honestly dealt with in the outside world. Really the only person you have to be honest with is yourself because you will naturally be honest with others when you are with self, even so you have to be sure never to use the truth to wound, if you cant use the truth to heal and give love, better to walk away and say nothing.

You are working on abundance issues at the moment and I feel you have an abundance of ideas that you are not putting enough energy into to bring to fruition yet. Abundance comes in many forms and you are under using your creative abundance at the moment. Your spirit guides are really heavily knocking on your door at the moment, you may not know it but they are shouting really loudly at the moment at you telling you they are there and you keep asking and they keep shouting. You need to heal some of your blocks so you can hear them better and this will help you know you are totally loved and supported.

You have had many excesses in your life, i.e. the pendulum swinging wildly from very exciting things happening to very boring and painful periods in your life and you have tried many ways of coping with this, now is the time to start to find some balance and peace and not be excessive in anything, but come back to an even calm keel. You can do this by coming into an awareness of self and what you really need. Face the pain you feel inside, none of it can hurt you well the only way it hurts you is by you letting it sit in there and fester. You cant hide it from your soul so better you get it out of the closets and heal it. You have the courage and the support to do it so find that confidence and know you can heal yourself, take back your power and become in control of your life and love again. All your dreams can come to fruition if you can find that love and confidence in self again.

“FINDING MYSELF IN A PEACEFUL PLACE.”

Love and light beings please heal and aid all with any macro that are effected by this macro. Love and light beings please cut all cords of negativity with me and pain and fear of suffering and loss, with the truth and lack of trust with all abandonment, all between me and my guides and God that separates me, with all loneliness and depression and lack of self worth, with all my creative ideas and energy to put into them, with all excesses and ways of dealing with stress that are less than satisfactory, with all fear of lack of support or love, with fear for the future with fear of digging up the past, and the fear of it being too much to cope with, with all guilt and regret and

all that troubles me, with getting a good nights sleep and all around me or my loved ones that is not love and asking lots of loving protection be put around my house and loved ones and that I can feel the presence of my loving guides at all times so I may know I am fully loved and supported unconditionally at all times. Thanks be, heal and transmute all energy to love.

MACRO 25

Fears are all illusion, as soon as you look them in the eye with love and courage they fade to nothing. Do not look for the love you desire from another for that is a fruitless search. As soon as you start valuing yourself and your own needs you will find that others treat you with the same respect. The love you feel for self is what draws the love of others to you like a magnet. You take the freedom you actually have now for granted but if you really enjoy your freedom you will stop worrying about the future. You are pushing what you most desire further and further away by fearing it will never happen. The more love you develop for life itself the more you will have to share, you cant feel love for another that you don't feel for self. So make it your mission to love yourself today despite what anyone else thinks, who cares love yourself and those that love themselves enough will resonate with that love you carry for self.

“GLOWING SUNFLOWER”

Love and light beings please cut all cords of negativity, anything that is not love between me and the concept of love, with all I have loved or hated across the lives, with all partners, with all childbearing and children, with any blocks to sharing my love, with all self love, worthiness, guilt and forgiveness issues, with seeing the joy in the life I already have and increasing that joy, with all depression, lack and grief in my life, with all dysfunctional relationships and looking for others to fill the void within, with me and god and goddess and all aspects of god and anything that is not love, with all separation, abandonment, and pain, with all fear of not being protected, with all walls I have built around my heart to stop me feeling pain, with all darkness, promises curses and fear. With all macros that can help me now to see my way through confusion and pain to a place where there is only love. Thanks be heal and transmute all energies to love.

MACRO 26

You are so busy at the moment, balance between the needs of body and mind needs to be stuck. Being so busy is just adding to the stagnation because your energy is not available for healing yourself while you are rushing around so frantically. Part of this avoidance by activity is to do with a fear of what you might find if you dig deep within yourself. Your integrity is at stake here, your authenticity with yourself, there are some aspects of your life where you say and advocate one thing yet you deliberately sabotage yourself by doing the opposite, all these actions are built on guilt and self loathing at some level. You cant fully love another till you come to love yourself, all external seeking of love is a waste of time, the only person to work on is yourself. The external conditions will continuously change but you wont change unless you make the effort. You must make the effort to free yourself from the karmic wheel and to do that you must make time for your healing and work closely with your guides to find what is your truth, not a borrowed truth off others. Pick every thing you believe in to bits and put back only what is whole and real. Do not use people or ideas

to prop up your world for it will fall if you do, build it with your own love and truth, even if you have to start again, but we know the spirit is always at the beginning with the source of love the seed from which all love blossoms.

You are showing you have the strength to do this cultivate only what is loving in yourself stop blaming anyone else or external conditions, while you pass the blame you take from your own power. If you can realise you create all the conditions in your life then you can also heal them. Take full responsibility for your life now and love yourself as you are now not for what you would like to be. What you are now is beautiful if only you would see the light you shine.

“I SEE MY LIGHT, I LOVE MY LIGHT.”

Love and light beings please use all macros to heal all effected by this macro. Love and light beings please cut all negative attachments for me with all I fear to look at in myself, with truth and integrity, with guilt and self loathing, with business and busyness and avoidance, with drugs and all addictions and withdrawals, with diet and exercise, with fear of boredom and stagnation, with fear of change, with drama, with gossip and slander, with all betrayals and backstabbing, with meditation and all forms of healing and the teachers of such, with all beliefs that are based on fear and lack. With all fear time is running out or love wont be found or can be lost. With all separation and abandonment, with the little lonely child crying inside with all that I need to mother myself. With all that is hiding from me and needs to be seen and with anything I fear to bring forward into the light for healing. Thanks be, heal and transmute all energy to love.

MACRO 27

Is some jealousy or fear of loss arising at the moment? All jealousy comes from the misguided fear of loss, you can truly not lose love, if you bring the focus back to yourself and feeling more love and compassion then that will reflect on those around you. The more you seek to chain somebody else up the more it will backfire on you and you will create what you fear most. A deep and profound change is going to come over you as you work with all this and you will feel more connected to earth and your body through your love. However you need to cut cords with all your negative experiences from the past, it is only the love that is real and your are working day by day with being more real and experiencing only that which is love.

“JOURNEY OF THE HEART “

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut all the cords of negativity for me and with all that prevents me from being secure within myself, with all that has ever hurt me in past relationships with all forgiveness and self forgiveness, with all envy and jealousy, with all abuse and victim hood, with fear of vulnerability and with self sacrifice, with inferiority or superiority, with caring for others, with dependence and independence, with all fear of losing someone, of losing the love that you share, with all grief, tears and depression. With all issues of faith, trust, with all between me and my guides and all aspects of god that is not love. With all fears concerning finances or making decisions with making decisions with a partner and fear they will bail, with all that is not love between me and my parents and any fears concerning parenting, with the balance of male and

female within and logic and intuition, with all addiction, and abuse of self, with listening to my body and grounding with mother earth, with all my psychic gifts and with any blocks to feeling love to a very deep level. Thanks be, heal and transmute all energy to love.

MACRO 28

Be clear on what you are aiming for, you need to incorporate freedom and independence into your life but be assured you do not find freedom by agreeing to imprisonment just as you cant create peace by engaging in war. You have to be and live as you want to be and like will attract like so if you feel trapped do something in your free time and you must make time for yourself it is very important or you will not have any time to yourself, do something that is really different from what you do in the daytime something that really makes the spirit soar. You could be feeling picked on by work mates, state to the universe that you are not willing to take victimisation or abuse any more then it will have to stop. There is a decision you are delaying due to fear you must root out this fear and cut for all indecision and fear of making the wrong decision. In life you are the decider, God gets behind you once you make your decision but you do decide the action, not the outcome but the action. Then the best way to help God bring love into any situation is to give up the attachment to the outcome and how it is to happen.

“LET ME FLY LIKE A BIRD AGAIN”

Love and light beings please use all macros to aid and heal all effected by this macro. Love and light beings please cut all cords of negativity for me and with all fears for the future, all entrapment, all fear of lack and loss, with all self doubt and doubt in God and Guides, with my healing abilities and fear I will lose them or they will not be there when I call on them. With all change and impatience, with gradual change and extreme dramatic change, with knowing I am supported and loved at all times, with freedom, with jumping off that cliff knowing God is there to catch me, with loneliness and lack of love and any depression and lack of enthusiasm, with guilt related to my job, all service, victimisation, martyrdom, and feelings of unworthiness, or being two faced, with all times ever involved with the army in any life and all killing and pain, with self forgiveness and belligerence for feeling God ever abandoned me, with any deep seated anger and the fight or flight survival instinct and any laws relating to this still in operation in my life, with allowing the laws of grace to take over, with all judgement, justice, injustice, being a whistle blower, with fear of the system and abuse of power. With all that stands in the way of me making healthy decisions so that I may fly through life in total joy. Thanks be, heal and transmute all energy to love.

MACRO 29

You have let your sense of loss cloud your vision of life and you expect sadness and more futility from your life and unfortunately this is then what you create in your life. What you are not seeing however is that nothing ended but the problem is your grief shut the door on any further communication with a loved one. Let go of your fear of what happens after death, for if you could truly remember, you would be rushing towards death, in fact that is probably why we are not allowed to fully remember death or we would all say stuff this life down here its too hard I'm off. When somebody passes over what holds them back most is our grief and unresolved guilt.

We can cut cords for all those who have passed over and it heals anything they left undone before they passed. Death and the pain of death if there was any, becomes a distant memory once you have passed just like childbirth once the joy of the new child kicks in. However you are so ready to heal all this grief and sense of isolation, you have an overflowing cup of love within you, just ready to run like a river once you break through that dam of sorrow and guilt.

“RELEASE FROM GRIEF”

Love and light beings please use all macros to aid and heal all effected by this macro. Love and light beings please cut all cords of negativity for me and with all those who have passed over, with all sorrow, all grief, all tears, all depression and lonely spaces, with all separation from God and love, with my parents and with any guilt I feel for others pain, with all responsibility I feel for all my loved ones, with all guilt I feel for spending time and energy on myself, with my own lack of self love, with how this makes me react to all around me, with opening up my heart chakra, with all loss separation and abandonment, with all that pains me, with all suffering and feelings of being stuck eternally in suffering, with all those who have passed on and the crippling fear that those in my family will pass before me, with my fear of death and that last breath and with fear of dying alone and unloved, with all fear of punishment and retribution, with all I have ever been told of sin and hell, with all beliefs based on fear, with all beings that suck into my energy hoping to suck light for themselves not realising they can go to source, with pity and compassion, with not sinking to the depths others are in but staying in a place of love so they may pull themselves out, with all burdens and responsibilities, with casting my burdens on Christ and knowing they are nothing for Christ because instantly as I think this they are transmuted into love. With any addictions to pain and suffering and all abuse and self abuse, and with forgiveness and self forgiveness and unworthiness. Thanks be, heal and transmute all energy to love.

MACRO 30

You in the process of giving birth to a new creation, figuratively I guess or maybe you are working very closely with somebody else who is starting something new. This new beginning is going to involve all your intuition and creative talents, of which you have many and will take a few more out of the cupboard to dust off. All you really need is the fire the inspiration to be really creative. You know many things but need the joy and excitement of a new project to really draw together all you know. Maybe it is starting a healing group, maybe it is the creation of a new livelihood but something is in the wind if you have not started it already. You need this new challenge to move into your own authority and power and to realise you don't need the old props to hang onto, their time is done. You have the power and passion to carry off whatever it is you would like to do. Whatever the endeavour is it will be very successful.

You are a mountain of hope and strength to many around you, even though you might not acknowledge this, and many come to you seeking advice, to make this comfort you offer even stronger, silently cut cords for and with them even as you talk to them, you will see the results in the relaxation of their faces and auras. You have massive strength and love to give but to make this even more acknowledge this and give of your healing love every opportunity you get, you only need the intention that is all

important. If you can hone your consciousness to give out healing and love every interaction you have with other beings. Your compassion is growing stronger every day, find ways to express it to all around you and it doesn't matter if they never consciously know for they will feel the love you give and it is the most powerful gift on earth, far more than money or even food, for this empowers the soul and brings us into our own power.

“RIVER OF COMPASSION.”

Love and light beings, Please use all macros to aid and heal all effected by this macro. Please cut all cords of negativity between me, and all I seek to create, with all birthing processes, with all times I have feared for my children or creations, with all fear of separation and loss and pain especially the pain I take on for others mistakenly thinking it will help them, with transmuting all negativities before I even engages with them, with all who think they need my energy rather than seeking their own light, with all my intuitive gifts, with all that is not love between me and god and guides, with all fear of speaking my truth and standing in my power, with all fear that blocks the light, with all soul fragments that are ready to come back and with alignment, balancing and grounding, with all sacred places and tools, with all esoteric knowledge and laws, with all fear of punishment and with self love and worthiness, and guilt. With my sacred places, anywhere I am and all that needs clearing and filling with love and protecting, With any fear I have of the future or with seeing the future and what to do with the knowledge, with all decisions and stepping out in faith and trust, with all teachers and techniques so that all that remains is love, Thanks be, heal and transmute all energy to love.

MACRO 31

There is something interfering with your energy flow at the moment unfinished business maybe something you have not forgiven at a very deep level, this is leaving you to stagnate without even being aware you are stagnating. However this is all about to change you are about to go through a big transformation, now we all know these changes can be very unsettling and always you must lose something but remember this you can never lose love and all that you do lose will make way for more love in your life if you do not grip on too hard. If you cling and fight not to lose anything however you will find the transformation much harder. Ok there are some control issues that need to be cleared up in your life, what don't you feel in control of? What are you using the old avoidance technique on. Are you afraid of losing control in some area of your life? You are also lacking a lot of confidence in your own abilities, which by the way are considerable so maybe it is success you are fearful of.

There are a lot of fertile creative areas in your life just waiting for you to add a bit of water to them and they will spring up and give you so much joy as they bloom along with you blooming. As you put more energy into that which you have already started and have gratitude for what has already gone well in your life and the skills friends and resources you already have so a new phase in your life will start a very fertile one where so many things pay off and the long awaited abundance rolls in, you are on the edge of this change in fortune , but we all know that all changes must be worked with and not against so aid yourself clear up the old and get ready to welcome the new into your life with an open heart.

“ME TIME WITHOUT GUILT”

Love and light beings please use all macros to heal and aid all effected by this macro. Love and light being please cut between me and with all guilt and things that block me from the past, with all creative blocks with all blocks between me and divine source and with mother earth and with any fear that grounding will bring me down. With all fear of success and any blocks to completion, with all fear I have of the creative process and my control in the process, with fear of losing control, with fear of being rejected or abandoned, with fear that there will be nothing more to strive for once I have accomplished the projects in hand, with all my desires and attachments to projects in hand, with all that needs healing with my childhood so that the love for children and my inner child may flow. With all need to be useful or to help other beings, so this may just flow naturally as love that is free to all, With any attachment to fame and status and all fear of the same, with all blocks to abundance, and worthiness, with all forms of creation, painting, drawing, writing, crafts, sculpture, music, all that brings beauty into my life, with all times I was put down by others and all times I put myself down, with faith and trust and knowing I am totally protected and provided for by the universe. Thanks be, heal and transmute all energy to love.

MACRO 32

You have worked hard searching for your own truth and you have learned so much having to face your own demons. You know how to conquer your own fear and it is time to teach this to others. You have great mental strength and a very focused intent, when you clear up a few more latent fears you will be able to use this intent with laser precision, till then use any pain or annoyance to clear the last of the garbage away, welcome them with ahhh another cord to cut and just cut your way out of the thicket. It is not endless actually the light is becoming very bright you have found your way out of the dark forest now cut down the last of the undergrowth. What has been growing in you is your compassion and ability to really feel for others but now you have the ability to step back from their pain and stay in a very clear space yourself. Cord cutting will help so much in this. I have found especially when I do multiple healings in a day, I really have to cut with the power being Gods power so my ego does not get caught up in the power as it is a heady feeling if it goes unchecked, and so that I do not take on the responsibility for others, it works both ways and I prefer to be totally free and give over all beings to the Universes loving care. You are coming into a time of wonderful creativity and overflowing joy, keep focusing on the greatest truth that only love is real and you will soon see through all illusions of pain and suffering. A door is about to be opened in front of you and you will wonder why you never saw it before.

“OPENING THE DOOR TO ABUNDANT JOY”

Love and light beings please use all macros to aid and heal all effected by this macro. Love and light beings please cut all cords of negativity between me and with fear of power, abundance and joy, fear of losing such, with missing the boat, making the wrong decision, with all who depend on me, with all my fear of dependence on others and asking for help, with creativity and all my psychic gifts, any blocks between me and source and the grounding love of mother earth, with abuse of power in the past, with persecution and torture for any of my beliefs or gifts, with all worry, fear of psychic attack, with any belief that I am not totally protected by love. With my home

and workplaces and with all my tools, with all knowledge, beliefs, magic, with all promises, vows, debts, curses, contracts, with all any fear of madness, or confusion, with fear of getting lost in the mists with lifting the veil, with all beings who think they depend on me with all responsibilities, guilt and taking on the burdens of others, with all who would aid me and with my guides and God all that is not love, so only love remains, only joy remains and pain is just a distant memory of an illusion. Thanks be, heal and transmute all energy to love.

MACRO 33

Is there something blocking you, there was something done to you in a past life maybe even abusive behaviour and on some level you have not forgiven yourself for putting up with it, although at the time you didn't seem to have any choice. We all have this problem in that we see the victim as somehow better and more worthy than the abuser, in Gods eyes we are all players in a play, whether we choose to imagine we are the victim or we choose to play the abuser is neither here nor there in whether God loves you or not. Now you are God in that you decide what punishment you give out, if you decide the crime was so big it can't be forgiven then you choose not to forgive yourself. We will cut cords with this in this macro and for all you have not fully forgiven in yourself and another, but allow yourself first and foremost to go free on all levels and then allow the other person the choice to heal or not, all you do by forgiving them is you allow them choice it is still up to them to do the hard work to free themselves and often they choose to stay chained by negativities but at least then you know it is their choice and not one you have forced against them and there is no karmic come back on you, you finish the karmic circle with forgiveness so it can never happen again.

You are now going to learn how to bring the joy you have been feeling lately welling up for no reason out into the physical world and manifest it as a lifestyle and livelihood that makes your heart sing, something that makes you want to get up to every morning, something that even if you don't make heaps of money gives you so much joy that it does not matter for the joy will manifest all you need and so much more. Do not think of what has happened in the past for you have done so much work on yourself that there is no way the same things will happen this time. You are moving into your true power and this will bring you nothing but joy.

“POWER OF FORGIVENESS”

Love and light beings please use all macros to heal all who are affected in any way by this macro. Please cut all cords of negativity between me and all my power, all my skills, all my resources, any fear of misuse, with holding myself back for fear of reacting out of anger, knowing all my power is of love and that I can't misuse it. With me and all the elemental world, ocean deities and beings, all that they need for healing and with them bringing all their healing powers to bear on my bidding. With any fear I have of making her voice heard by the universe, with all that has ever been done against me or any being in my care and with all forgiveness, with any guilt for standing back unable to act, with all indecision, with all prejudice and fear of imprisonment and slavery, with all judgement especially judgement of self, with love of self and anything that I see as lacking in me or others, with all separation and abandonment, with fear for my loved ones, with all that needs clearing on any level so all they share is a beautiful future and present full of love and joy. With me and any

blocks to total abundance and with any resistance to my plans and dreams, asking that all be able to aid me in my discovery of the world and with me and mother nature so I may feel mother earths loving arms around me every day supporting however I choose to support myself and my family, with all responsibility and any fear for the future that I have. With all soul fragments that are ready to come back and all reasons they left in the first place so that I may step into my full power and use all my gifts now. With all negativities that inhabit any place I visit or stay in, asking love and light beings to fill all these places with love and place protection over any being in my care that needs it and over me. Thanks be heal and transmute all energy to love.

MACRO 34

There are so many changes are coming into your life very fast. There seems to have been a bit of chaos in the past wee while and you have had trouble bringing your intention and concentration to a point where you can really work out what you want, although this seems to be changing, you are now getting a lot more sure of what you want and what you don't. There is much pleasure coming up for you I feel it is in the area of emotions so maybe in the romantic love department. Fulfilment is definitely on the way and change of fortunes in the opportunities offered to you. You must take care of this change though with thought to the details a lot of this change will actually be quite gradual, and economy and solid true decisions are needed to build on a strong foundation.

In the past I feel you have been paralysed with fear of separation and abandonment in relationships. You have stayed far too long with a partner who didn't want to grow, this could even have related to your childhood and how you felt about you parents. This relationship was based on endurance rather than joy and fun and giving. This particularly relates to a man who was very astute and decisive, very intelligent but very caught up in his head. You didn't feel his equal and he used his intelligence in a way that made you feel small and not very intelligent although this is far from the truth, you work more from intuition and don't use logic so often. Working on that balance within yourself and your relationships would be good. Heart and head have a big part to play in all decisions.

“STARBEAMS”

Love and light beings please use all macros to heal all affected by this macro prayer please. Cut all cords of negativity between me and my relationships, any negativity that has developed between them and any past actions that caused any regrets, with all promises, debts of gratitude any time there have been harsh words or actions or curses, with all feeling of imbalance in giving and receiving, with all fear of being misunderstood and sorry, with all shame and humiliation, with forgiveness for all, with feeling lesser or more than another, with all fear of loss of love and with abandonment and separation, with all confusion over motives, all lies and selfishness, with all comparisons and competition, with all hard work and endurance, with all abuse and hatred, with all responsibilities and fear for the other being. With all that is not love so only love may remains between all beings. Thanks be, heal and transmute all energy to love.

MACRO 35

All I can see for you is a whole load of good coming up. This is going to be an amazing time of fulfilment for you, all that emotional longing and loneliness you have felt in the past is coming to an end. I see a cup overflowing with love, pleasure and wealth. Now as this happens don't retreat into fear thinking this is going to disappear. Share this wealth and the wealth it creates in your heart and the flow will never stop.

“TOTAL FULLFILLMENT”

Love and light beings please use all macros to aid and help all effected by this macro. Please cut all cords of negativity between me and with all fear of the well of abundance drying up, with any lack, isolation, loneliness, negativities between my family and friends, with sacred knowledge, sacred objects and symbols of power, judgement, concepts of sin and punishment, guilt, beliefs that hold me in fear, with all suffering and servitude, martyrdom, persecution, with all my intuitive gifts, with any fear of spirit and the speed with which I open up to my gifts. With all separation from God and any beliefs that add to that separation, with any blocks to compassion, with all pity, understanding and forgiveness, and unworthiness. With all logic and intuition, with a run around mind and analysis and worry, with questioning and with finding my truth and being able to communicate it freely. Thanks be, heal and transmute all energy to love.

MACRO 36

Your mental clarity is on the increase and intellectually you are on a peak at the moment, basically use it or lose it. Somebody from your past will reappear and inspiration you will receive from this person reappearing in your life will fuel your best work yet. Also on the increase is your compassion, empathy, intuitive powers, clairvoyance, but make sure to dump that world weariness you lug around with you and any martyrdom.

You will need to be enduring and persevering to push through this next stage in your life and the way you do this is concentrating on what you do have, not what you fear you do not have, and by staying as balanced and centred as possible. The clearing you are currently going through is past life, past issue related mainly with heart based issues. Bear it and clear it in good faith and know this will pass totally and quickly. The Angels and your guides are working with increasing your heart chakras size to encompass all the compassion you are bringing to bear on your life. You are also getting used to a light body of a much higher vibration and this always takes adjustment.

“BALANCING THE ACTIVE AND PASSIVE ELEMENTS OF MY LIFE.”

Love and light beings please use all macros to aid and heal all affected by this macro. Love and light beings please cut all cords of negativity between me and with lack of fulfilment, with logic and intuition, with all observation and self analysis, with memory and knowledge, with fear of digging deep, with all past relationships, with all times I have been hurt in the past, with all redundant protections that now prevent me from feeling love. With all gifts of communication, with all my guides and with God all that is not pure love, with all I have had to endure and with any negative expectations of relationships, with all sexuality, self image, love of self, with exercise,

diet and sleep and with time for myself and my passions. With times of quiet and times of excitement and activity, and with maintaining a balance in all things. With beauty and joy, with depression and sorrow, with my environment and workplace, with anything there in that is not love and for all my loved ones and their environments, so that all negativity is cleared and all these places are filled with love and appropriate protection placed over all. Thanks be, heal and transmute all energy to love.

MACRO 37

It is harvest time and you have been doing a wonderful job of putting out new fresh intentions. The trouble is it is also harvest time for all your past life actions and until you clear the backlog to some degree, you will not experience the harvest of your new loving intentions. Sorry, more hard work to do, lol, does it ever stop, probably not but it sure gets easier and more joyful to do it. Every seeming failure that hits you at the moment is an opportunity to clear that. If you diligently work through every negativity that surfaces in your life, then all that will be left is love.

You also need to give up the attachment to your dreams to help them to manifest, not your dreams but the attachment as in how they exactly manifest and when. If you do not, you fight God and your higher self, you must trust that your highest dreams will fruit but as they need to for your highest good. Your dictates and controls just block the fruition of these dreams. At the moment you are really concerned with laying a solid foundation on which to build your manifestations. You do have the power and self confidence to achieve your dreams but for now you must just concentrate on removing any blocks to your manifestation and as well work with mother earth and the elementals on this as this is their area of expertise, manifesting in the physical.

“MY DREAMS ARE MANIFESTING IN ALL THEIR BEAUTY NOW.”

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut all cords of negativity between me and with all frustration with divine timing, all attachments to my dreams and projected manifestations, with all control and fear that they will not manifest, with trust fear and doubt, with fully stepping into my own power, with passion and sexuality, with all fear for the future, with all support issues, livelihood, with all fear of lack, with loss, separation, and all past life issues that need to be cleared, with all past disappointments, guilt, forgiveness, unworthiness, with all communication with all God and guides and with my dreams and all that prevents me from being a clear channel for Gods love. With mother earth and grounding and the elementals, and all the help they can provide and all the healing they all need with past issues. With me and self love and all that I do not love about my body. Thanks be, heal and transmute all energy to love.

MACRO 38

Are a bit of a perfectionist, if you can't get it just right and work out all the eventualities you just can't bring yourself to do it. You are very intelligent but you use your intelligence in a way that does not do you justice. Your mind has you convinced if you go through every single scenario, you can prevent that which you do not want to happen. The only trouble is with this is that you are preventing anything from happening, good or bad. You are absolutely trapped in stagnation because you will not make a move either one way or another. You tie yourself in mental knots. You

have to find a better way of making your mind up. Your heart has to take over. You need to cut with all logic and old ways of doing things for a while. I suggest you move to spirit making your decisions for a while. Yes spirit really is your higher self, but your higher self is not bounded by mind, by consulting spirit you are bypassing the logic department. If you can use a pendulum use that. Otherwise get inventive maybe put all the choices in a hat and pick one out but be willing to do whatever you pick out with a months worth of argument in your head about it as to why you should or should not do it. There is such an urge to be free in you that you turn down anything with the possibility of tying you up, the trouble is because this is based on fear it means you manifest that which you try to avoid, in other words you are being totally imprisoned by your fear of making the wrong decision.

“FREEDOM TO ACT.”

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut all cords of negativity between me and with all fear of imprisonment and slavery, with the fear of making mistakes, with guilt and fear of punishment, with all change, with logic and intuition and the balance between, with all mind run around, with crippling fear of the outcomes from all pathways, with all paths, with all methods, tools and teachers, with all I have ever taught, with all sacred knowledge and fear of losing that knowledge, with all magic black and white, with all groups, cults and brotherhoods, with all enchantments and trapped soul fragments, with all that prevents freedom and lightness in my life, with all addictions and with feeling stagnation is normal. With all chains, burdens, promises, vows, contracts. Thanks be, heal and transmute all energy to love.

MACRO 39

You are having to work on the same old, same old negativities, same old pains, well they are not really the same old, there are just millions of layers of them so it makes it look as though it is the same cord. However take heart you are digging into really old pain here and bringing it to the surface for complete healing. First of all you need to look at all your insecurities, this is such a deep illusion we struggle with every life. Fear of loss is up there in lights, especially your fear of loss of your children and any being you love, then second on the list is negative opinion of self, I know you have done much work on this but there are layers and layers of self abuse here, this includes all areas of your life, from not going to bed early enough because you must "do" stuff for others, to not making enough effort to feed yourself well, to saying I can't do that or I don't think anyone would want to know that about me, and down to hiding from yourself because you think there are dark things you have done in the deep dark past you can't bear. There is actually nothing you can't face with your courage and humour.

You are going through a massive transformation at the moment, it equates to death as it is a letting go of all that is old, all that does not make you feel strong, all that does not make you feel light and happy, start to question everything, even beliefs everyone holds to be true and say is any of this belief based on fear, if it is cut with it and see if its power falls away. What you are working back to is your true flame essence that burns up all that is not true, all that is not love, you are working towards self actualization, to allow the flow of inspiration, love, faith, courage, hope, innocence and freedom to flow at all times. Also to know this is normal, not some unusual state

that you get into for a few minutes of meditation. Life is a moving meditation, if you are not feeling happy in every moment, change that you are in charge, your choice, dwell, and obsess at your own choice. This is the most powerful macro of the lot, this macro incorporates all other macros and can be used as a really good spring-clean.

“JUST CLEAR THE LOT GOD!”

Love and light beings if we have left any macros out please also use them to aid and heal all beings effected by this macro. Love and light being please alter the order of the cuts from these macros for me according to the highest order of needs upon request of this prayer. The list being Addictions macro, Aging prayer, Business Success Prayer, Battles/war prayer, Body prayer, Ceremonies Celebrations and functions Prayer, Chakra prayer, Clean up prayer, Creativity prayer, Crutches prayer, Customer prayer, Death and torture prayer, Disaster prayer, Divinity prayer, Depression prayer, Fatherhood prayer, Femininity prayer, Food prayer, Grief prayer, Higher self prayer, Householder’s prayer, Healing friends prayer, Inner child prayer, Kundalini prayer, Life prayer, Livelihood prayer, Masculinity prayer, Motherhood prayer, Natural law prayer, New home prayer, Power over prayer, Peace prayer, Phobia prayer, RSCR prayer – Ritual, Scriptures, ceremonies and religions, Relationship prayer, Sleep prayer, Sacred sites prayer, Sexual prayer, Sociology prayer, Soul contracts prayer, Twin flame prayer, Technology prayer, Ugly feelings prayer, Wealth and prosperity prayer, Weight prayer, World healing prayer, 21st Century Syndrome, phobia prayer. Thanks be heal and transmute all energies to love.

MACRO 40

What is at stake here is wealth, rich harvests your creativity bearing fruit, but even if after so long your efforts are showing reward you are too locked in fear to enjoy them. You have so much mental confusion, trepidation, self doubt, fears of abandonment and you may have lost the magic in your pursuit of wealth and security which as you know deep down is never found in worldly objects. Take stock of how fast life is passing you by you can't keep putting off living for the future when you are secure have this have that, for it never happens. You need to find time to start writing peace and happiness and enjoyment of your family into your life now not when they don't need you, when they have families and businesses of their own. If you think you can't afford the time then you never will be able to, we make the time for what is really important in this life or it passes us by.

“MAKING TIME FOR ME AND MY FAMILY TO HAVE FUN.”

Love and light beings please use all macros to aid and heal all effected by this macro. Love and light beings please cut all cords of negativity between me and with all business responsibilities, with building wealth and security for the future, with all the lacks, lack of time, money, happiness, support, love. With all fears of abandonment and all that needs healing within my closest relationships, with all my fears and worries for my family, feeling if I let go for one second, all will sink around me, with feeling I am carrying the lions share and all resentment, with my father and all father figures and with all beings opinions of me and trying to live up to anyone’s expectations even my own, with competition and the continual fight for survival, with feeling I am continually have to fight to maintain my position, with feelings of selfishness if takes any time for myself and family, with letting life slip me by and

with the feeling time is running out, with joy and happiness and games and recreation, with doing something just because it feels nice, with all my healing abilities and using them, with all needed to bring the love and joy back to my life. Thanks be, heal and transmute all energies to love.

MACRO 41

Well it seems like your ships are about to come in, I do not think you will have too many problems on the wealth front, you have a love of luxury and your creativity is about to bear fruit, so do not allow fear that it wont last to block the flow. In order to do this you must keep your balance, when things are looking a bit fraught come back to that place of balance and find the peaceful part of you that knows it will be fine if you get out of the way. When things are very exciting once again come back to the peaceful spot within so the pendulum does not swing too far the other way. You have many talents some of them manual skills and use of these skills do very well to ground you. You will be thrown a few tricky curve balls but you will cope fine with all of them. The key is be flexible don't cling to old ways of doing things if something is not working try a new way. If you feel yourself becoming bogged down by the views of others just cut with them for it is probably something you have fought or believed in, in past lives to be so affected by it. There is a strong desire in you to be free, you need to see that what you seek to be free of is actually an attitude or belief that you carry and can be effectively healed when you realise what this limiting belief is. Travel may be on the cards for you or if not a change that makes you travel in your mind.

“OPENING UP GATEWAYS TO NEW EXPERIENCES”

Love and light beings please use all macros to aid and help all effected by this macro. Please cut all cords of negativity for me with all that makes me fearful, for the unknown, for all unpredictability, with changes in plan, with timing discrepancies, with adrenalin and fear of missing the boat, with the nervousness and fear of others, with tiredness due to lack of sleep and with concentration lapses and forgetfulness, with all substances, new foods, and dietary changes of all kinds, with all digestive upsets, with belief and fear of new diseases and bugs, with all prejudices and beliefs built on fear, with all fear of not being understood or going unheard, with all laws, judgments and paperwork, with all fear of accidents and of things being stolen, with all fear of violence and with all that needs to be cut so only help and love is offered and experienced, with balance in all emotional situations, with reunions and family and friends, with their beliefs and blockages and taking on others negativities. With all burdens and with all beings hooking into my emotional field, with all teachers with all I teach, with all beliefs paths and doctrines, with all witchcraft and magic with all that is disguised so that I may see through any ruse or lie. With all fear of lack, separation, financial fears, with all contracts, debts loans promises, with all fear for the future, Please clear negativity from any environment I stays in, fill it with love and protect it if needed for my highest good. Thanks be heal and transmute all energy to love.

MACRO 42

You are coming to the realisation you are an empath, this is a realisation of how connected we all are. All beings are empaths in that we all feel others feelings but many people have shut themselves off to this connectedness to such an extent that

they now believe they are separate beings. As to feeling vulnerable when you realise you are an empath, yes you are now vulnerable enough to heal yourself. To heal yourself you must open your heart and make yourself vulnerable. No being has the power to hurt you unless you give them that power. When painful feelings are reflected by other beings it is hooking into your own cords and negativities related to the issue at hand. To turn this feeling into a powerful healing you need to bring this back to self and say what is hurting me here. For instance say you come in contact with someone who is feeling really jealous and angry and this feeling is making you feel really uncomfortable. What you need to do is shift the power balance back to yourself and know you have the power to heal the jealousy and anger cords in yourself by cutting them and this in turn will leave only love so you can react in a compassionate way to the person who is jealous and angry and obviously in pain and need of healing. If you have been having visions that trouble you know this, just as there is much illusion in the world so there is much illusion in your visions. Look at it this way does passing on this information from the vision you see empower you and the person you are passing it on to, does it heal them and let them glimpse love. If the answer to any of these is no then don't tell them something that will make them weaker and their fear strengthen. Cut cords with it and know now that it is healed for you both and nothing more needs to be done with that vision.

“POWER OF THE FULL MOON”

Love and light beings please use all macros to heal all in relation to this macro. Please cut all cords of negativity between me and all negativity whatever the source, with all beings that feel they need me and with all the burdens they throw my way, with my knowing that I can just redirect them straight to source, that they are not my responsibility. With all the partners across the lifetimes all the soul mates so that all that is left is love between them, with all separation, grief abandonment, loss and fear of lack across the lives, with all fear of loneliness and isolation, with all fear of crowds and people crushing me emotionally and physically, with all fear of attack and knowing the power to heal is always with self, that no being has power over me. With fully stepping into that power, and with any abuses of this power in the past, with all that is not love between me and my guides and God, with all separation felt from God, with all feelings of being overwhelmed in the spiritual world and with all fear of harm by negative entities of any kind, with developing compassion for all and knowing only beings that are suffering think they need to harm another to get the healing they need. With the sacred knowledge that is tied up in me so I may have access to all that is truth, with seeing through the illusion of fear and all blocks to channelling pure healing love. With me and mother earth and knowing I am totally protected and safe within mother earth's arms. Thanks be, heal and transmute all energies to love.

MACRO 43

What you have always deeply been aiming at is peace but insecurities and fear gets in the way, well now you can actually work on these full on and not have to brush them under the carpet any more. You can be as strong with cord cutting as you like. You can do things or watch things on telly that deliberately make you angry or fearful and then cut with these emotions. I can now watch the news without bawling my eyes out for feeling depressed. For I have used it to heal myself and then of course I cut for everybody else involved. You are also fearful of your own strength, you know you are

so very strong and you have felt that in your anger bubbling up at times and it has scared you. Well now use that strength to heal yourself.

You have a very active intelligence which up to now has not found a suitable outlet on the spiritual front in fact mind seemed to tie you in more knots than it ever did undid, but now you can stop worrying about undoing them you can just cut your way through them. Find ways to make this technique your own, find ways to face every fear you have ever imagined and find your strength and love in everything you do and create. You are truly a generous open loving individual let yourself shine for you are a star to yourself and those around you. To speed this journey along do use your sense of gratitude to open your heart wide, for the more you feel, the more harmony and contentment will flow into you life. Try to be less suspicious, questions are good, but suspicion closes the heart. Know now that you can heal any hurt. Once you know you truly cannot be harmed or ever have love taken from you, you just think why not be open, really why would I be anything else but open. It is only by truly opening up to a love of all beings that we can experience bliss and oneness. I will call your macro TOTAL TRUST. Now every time you are not in that space just say TOTAL TRUST out loud or in your head and it will be done.

“TOTAL TRUST”

Love and light beings please use all macros to aid and heal all effected by this macro. Love and light beings please cut all cords of negativity between me and all the fear and resentment I have ever felt, all the guilt unforgiveness and fear of punishment, with the inner child that hides in the dark and expects only suffering and pain. With all the joyful things in life and my feeling that I do not deserve these for any reason, with all who let me down, with all separation, abandonment, sadness, grief and fear of lack. With me and trust and faith, with all between me and my guides and God and all that is not love, with all spiritual gifts and paths, with all objects of power and sacred places, with all teachers with all I have healed or harmed and with all who have ever read for or healed or harmed me. With all insecurities, especially within relationships, with fear of the inner me and the shadow side, and with self love, harm, and enlightenment. With all knowledge, with higher self and all secrets and promises contracts, debts curses and magic. With anything that blocks the passage of love from divine to mother earth and back up again so that the love may flow freely into every area of my life. Thanks be heal and transmute all energy to love.

MACRO 44

There is much fear coming up in you presently related to change. In the past you have fled from boredom and this has become a bit of a pattern in some lives, where you tried to escape very ordinary situations that really were not too bad and in doing so ended up in far worse situations, this has been imprinted on your karmic memory as a reason for not allowing change when you can't bear what you already have.

You need to address anything you are running from in your present situation before you will be clear to bring love into the new situation. However a big breakthrough is on its way very soon for you. A meaningful job, a way to help others move through their fear of change and the new and in so doing this will also help you. To draw you away from your own fears see if you can put any of your energy into healing mother earth with some of the changes she is going through. Any love you throw at this will

also help heal your inertia. Move into a place in your heart where you can heal mother earth and her inhabitants without a thought about what you will get out of it, this healing will move you to a place of compassion and unconditional love which will heal your expectation of a negative outcome from change.

“CHANGE FOR THE BETTER”.

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut all cords of negativity between me and hasty ill timed action, all past times where change has been sought to avoid suffering and the change occurring has been worse, with all avoidance, with fear of loss, separation and abandonment, with fear of decisions and making the wrong choices, with letting decisions make themselves so you can blame circumstances rather than take responsibility yourself. With all control, with all abuse of power, all radical change and any persecution for such changes, with fear of financial disaster and upsetting the apple cart, the status quo, with better the devil you know, with trust faith in God, love and self, with all self blame and unforgiveness, with unworthiness, with all blocking you from stepping out into the unknown in trust and love. Thanks be, heal and transmute to love.

MACRO 45

The major hurdle to creating the wonderful nurturing environment you crave and the accumulation and absence of worry is yourself and your patterns. For so long you have had negative expectations of yourself, others around you and the world in general. You have grown accustomed to the thought of don't expect anything and I wont be disappointed, you must cut with this vicious cycle for this creates lack and disappointment. It also comes out in your communications with others, if you listen how you speak to your friends you will notice all the little negative or derogatory things of self you say, of the things you notice in the world a lot of them are negative and the positive goes by unacknowledged, strengthening only the negative. Watch yourself next time you are in conversation notice how that conversation leaves you feeling because it will also leave the other person feeling that way, if it does not uplift you and make you feel great change it cut cords with the negativity you are feeling and make a conscious effort only to verbalise that which is good about the world and you and your friend. Don't buy into the gossip trap which is the un reachable itch. The more you gossip the more it itches the more you try to scratch it by gossiping more. Change all these negative creation programs. Just attending to this will bring you into yourself, you value kinship, you love to nurture, you are generous, you are very creative and love nature and beauty. By watching yourself with others you learn so much about yourself, change all that is on the negative side of these traits. You are also capable of great visions, bold action, motivating self and others and you are always seeking freedom on some level or other, you have now been given a tool to free yourself use it every opportunity you can, feel the freedom.

“FEEL THE FREEDOM”

Love and light beings please use all macros to aid and heal all effected by this macro. Love and light beings please cut all cords of negativity between me and all negative expectations, with all self sacrifice, and victim hood, with moderation and lenience with compromise and listening with being heard and being able to express how I really feel without fear of rejection, with allowing myself to feel joy without fear of

that joy ending, with the witnessing of life and the constant commentary in my mind, with all that is negative about that commentary, with all negative self talk. With all competitiveness and with greed, envy and jealousy, with communication in all its forms with all beings, with all slander and bad talk, with betrayal and lies with contracts promises, debts loans and curses, with all that holds me back from creating a life that I really love getting up to each morning, with all blocks to total abundance of money love and freedom in my life, with all my gifts of healing and communication, with all who come to me for help and all the responsibility I feel, with all the burdens I take on for others in the mistaken belief that it will lighten their load, with all guilt and unworthiness, and unforgiveness, with all blocks in all my relationships so compassion for others and self flows like a river, thanks be, heal and transmute all energy to love.

MACRO 46

You may be worried about the timing of some event or whether it is even going to happen and the agitation is making itself felt in the stomach so you want to fill the tummy to stop that feeling. Instead try to feel the feeling and release it with cord cutting or whatever works for you. Then there is an intimacy issue you are working with at the moment or maybe lack of intimacy and somebody to share heart and soul with and some times you just wonder what you are bothering for, well you are actually bothering for you, you don't want to live in a state of suffering anymore so the only way to go is clean out those etheric closets. Some of the dietary problems are coming because as your vibration rises your body is just not allowing you to shove junk in it and not feel it, you will also find you only need to eat very small amounts and even on that you don't lose weight, that is because most of our energy needs are coming from our raised vibrations, you really need to consult not your desires for a food as they can be a bit off track, coming from feeling of lack, but consult instead your body, see how it reacts and feels after certain foods. If you feel great and full of energy after a big bag of chips um maybe that is what your body needs however if like me you feel fat sluggish and like a BLOB, maybe it wasn't the best choice lol. Lastly you are craving food because you are not fully grounded. As you plug into God source you need to more fully plug into earth so you don't short out. If you don't regularly ground yourself you find yourself eating a lot more to feel grounded. How do you ground, well you drink a lot more water and intend to ground every time you drink, you avoid intoxicants and any harsh chemicals, you spend as much time in nature as you can. I go swimming 6 hours a week that helps ground me heaps, you be in the activities you actually do so if that is washing up notice the sensations of washing up and be in the moment that is also very grounding. Wear a crystal round your neck, if you have to and if its summer go bear foot, also very grounding.

“GROUND ME WITHOUT USING FOOD”

Love and light beings please use all macros to aid and heal all effected by this macro. Love and light beings cut between me and all overeating, emotional eating, eating to ground or avoid boredom or facing uncomfortable sensations. With all hatred of my body for either being too fat, too thin, wrong shape ect. With all denial of who I am now or what I am with love of body and self. With unrealistic expectations of myself or others, with fear of not being loved or accepted by others, with all rejection and abandonment, with all pleasures and with the feeling of not being full or satisfied, with craving connection with love and trying to do it through food, with all types of

food, all diets, all allergies, all rejection of certain foods and all associations with all types of food and drink, with all medical or medicinal properties in food, with overdoes, with starvation, with food hoarding, with the spirit of all foods ever eaten, with any time you have been eaten, with the nature of physical bodies and the continual state of growth and decay, death and birth, with the eternal nature within, with all addiction to chocolate and other food sensations. With all punishment of body through food or lack of food, with all cries for attention through food behaviours. With all medical conditions related to food metabolism and all disease and injuries affecting this in past lives or present ones. With all that is needed to ground me and allow me freedom in food choices and with all that is needed so I may love my body fully and unconditionally as it is now. Thanks be, heal and transmute all energy to love.

MACRO 47

You hide many feelings of futility within you, You are often upbeat and encouraging on the outside when on the inside you feel quite hopeless and empty, with a huge fear of the unknown. You often feel exhausted by life, and as if there is only disappointment ahead and you fear loss of all you have worked for. Now to make your path as a spiritual warrior very strong and full of love you must sort out this discrepancy. Do not brush these feelings under the carpet and hope to cover them up with perky affirmations because it does not work the vibration that comes through is one of sadness and despondency when you are actually feeling this way. We all have these feelings, don't whatever you do feel guilt about them, just acknowledge them and cut cords with them or do whatever you do to free yourself permanently. Now there are layers and layers of these feelings especially the sadness and loss one, but know that every time you cut with a layer you let it go for ever, if the feeling returns it is just a deeper layer of the feeling that is also coming up for healing. The more you heal the more you can heal.

You are very aware of global healing issues and sometimes you get really bogged down in your fear for the world, this is just another variation of your own personal futility feeling and should be treated in exactly the same way as your own personal losses and fears. If I catch the news these days and if ever it makes me feel sad or afraid, I cut with that first in myself and then for all of those affected on the telly. You feel sadness and fear because you still have hooks in you, when you heal all the hooks in you, you feel only compassion, and compassion does not hurt. You do not help people by feeling pity for them and coming down to their level, you help them by helping yourself and bringing your level up to light and love so you can light the way for them while they are feeling weak.

“LETTING THE SADDNESS GO AND THE LOVE RUSH IN.”

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut all cords of negativity between me and with, all the sadness and grief I keep locked inside, with all avoidance, with grief and anger concerning world issues and with the links into my own personal losses and fears, with all separation, abandonment and fear of loss, with all guilt, unworthiness, unforgiveness of self and others, with all knowledge and fear I can make mistakes, with all that blocks me from God, Goddess all aspects of god within, with the balance between male and female with all times I have been hurt in the past and anything that prevents me from being

open and vulnerable in the knowledge I am totally protected and loved and that no harm can come to me, with compassion and pity, with feeling others pain, with all beings that think they need to draw on my light rather than go to source, with all feelings I need to carry others pain for them, with all responsibilities and trust and faith that all beings are being cared for with as much love as I myself am being flooded with from source, with all my creativity and with self love and confidence. With all that holds me back from experiencing love and happiness in every moment. Thanks be heal and transmute all energy to love.

MACRO 48

As you know you are working very hard on liberation, but you do hold the view that mother earth is really the last place you really want to be, you see yourself here almost in spite of mother earth and not in communion with. You don't really have the feeling of mother earth cuddling you in her arms supporting and loving you. This is the same way as you feel about your body, its often something you just have to drag around and quite simply you are often quite resentful of that fact. Your body is actually your best friend and teacher, when it sings out in pain it is just telling you something is out of balance, it is not trying to punish you nor is mother earth. When something is not going according to plan on the physical plain it is because somewhere along the line you are in conflict with your deepest wishes, in other words what you are doing is not actually making you happy. You like most compassionate beings can see all the pain and suffering but have a hard time letting it go, so you can feel and see the happiness and joy that the world actually is. You feel you have to earn your space on earth by being here for a mission bigger than yourself you can't see that you are bigger than any mission, your happiness and joy is more important than anything in the world. For when you truly live in total happiness and joy you are the world there is nothing separate in it that has to be saved. Joy in your own life and doing things just because they make your heart sing is the key here. Find ways of getting your message and love across that you enjoy. You don't have to do anything, there is not a big God council up there that says you have to do anything, none of it makes any difference, God loves you just as you are learn to love yourself as God does. You are not what you do, or how many people you heal or what you have, in either spiritual or physical terms.

“MORNING HAS BROKEN”

Love and light beings please use all macros to heal all affected by this macro. Please cut all cords of negativity between me and all missions, all suffering in Gods name or anyone's name, with the feeling that if that suffering didn't have to be done that I have wasted lives, with knowing all suffering is illusion therefore nothing is wasted, with the illusion of time and timing, with feeling abandoned by God, all aspects of God and mother earth. With all longing to feel whole and with avoidance of body and body's sensations, with all the grounding balancing and alignment needed. With all soul fragments ready to come back and all the reasons they split off in the first place, all suffering and martyrdom, with service and with abuse of power, with fear of speaking my truth and with obedience and duty rather than joy and fun, with all that my inner child needs to set me free to love life to the full and enjoy my time here, with all wanting to save the world or anybody, with feeling selfish when I do things that only I love, with all that I need to give myself so I may fully feel love for myself and be able to give to all, with all recriminations, betrayals, lies, letdowns, promises

curses, with all unforgiveness, guilt and anxiety for any reason. With any fear of the dark or shadow aspects with knowing all is healed as it is brought into the light, with anything that separates me from pure love and joy and all that I need to ground me, knowing that it is really only mother earth putting her loving arms around me and keeping me upright. Thanks be, heal and transmute all energy to love.

MACRO 49

The thing you most need to find at the moment is balance. You swing from high to low, from accumulation to depletion. You are elated when things are going well and you are depressed when it seems they are not going so well. This roller coaster needs to be driven by you, if you want to gain some control over your life. If you wish to bring yourself into balance, for one you have to be much more grounded. How to be grounded, well really be in the things you do, so when you are doing physical work really work at being in the present moment, every time you slip into remembrances or thoughts of the future you are creating your future moment so unless these thoughts are totally devoid of fear and are full of love, what you will be creating for yourself is more of the same. This applies to your love life also. If it has so far been unfulfilling and all you can think about is the partners who have not fulfilled your dreams, all you are manifesting is more partners who will not fulfil your dreams. It is futile to look to anyone else to fulfil your dreams. Concentrate on being peaceful and balanced exactly where you are now and all that is yours will come racing towards you effortlessly. Anything that comes into your mind you don't wish to create cut cords with it and then move onto an affirmation of what you do wish to create. You will notice if you write these affirmations down that even the quality of these affirmations increases as you increase your love of self.

“STAYING IN THE PRESENT MOMENT”

Love and light beings please use all macros to heal and aid all effected by this macro. Love and light beings please cut all cords of negativity between me and all past lovers and relationships, with all negative expectations, with all low self esteem and self worth, with impossible expectations of self and others, with wanting to work with only a beautiful reflection, with seeing through the illusion and seeing the beauty in all, with all past karmic patterns within relationships of rejection, abandonment and separation, with need to have another think I am beautiful to see the beauty in myself, with all guilt and fear of punishment, with all so called failures and let downs, with all fear of lack of love and support, with all independence and dependence, with livelihood and with receiving and giving, with openness of heart and all fear of being hurt, with all that is needed so that I can open wide to the sun as a beautiful sunflower. Thanks be, heal and transmute all energy to love.

MACRO 50

What you need for this next stage in your life is flexibility, you can sometimes be an all or nothing person, this standard response won't help you in this situation. There are many ways of seeing the truth and many different angles and for that period in time that is how each person sees their truth, notwithstanding the fact that it is never the full truth. Do not be worried if you find a higher truth and you go back on what you have promised before, because we must be truthful only to our highest truth and the more healing you do the quicker this changes. You have experienced someone being unfaithful to you in some way and have felt the sharp pains of loss lately. I will write

a macro prayer for you to help with these feelings of loss and all you need to do to activate this prayer is say or think the title of it, nothing more, and you can use this prayer as many times as you like through the day. It is not a supplication prayer i.e. please god do, ect, it is a cord cutting prayer and you are asking god to remove all your pains with the issues in the prayer so the more times you ask for the prayer to be activated the more effective it will be.

I feel you have a fair amount of creativeness bottled up inside of you, but you are quite foggy at the moment as to how to unleash this creative streak. However a new stage is definitely starting for you, release any negative expectations of this stage, and stop feeling it has to be endured and coped with or it will end up that way, however shadow like this stage seems to you at the moment this is not the truth of the matter, this stage in your life actually holds many hidden gifts and the way you can get the most out of this is by raising your view of the love that will come of it and cutting cords with all negative expectations. There is in the end no destination but love and love is to be felt and experienced for the whole journey, do not defer what you can enjoy today, for love and enjoyment promotes and leads to more love and enjoyment, and denial and fear of loss only leads to more of the same. I will call your macro **WHY PUT OFF UNTIL TOMORROW WHAT I CAN ENJOY TODAY**, lol and lets hope this brings lots of enjoyment to you now.

“WHY PUT OFF UNTIL TOMORROW WHAT I CAN ENJOY TODAY”

Love and light beings please use all macros to aid and heal all effected by this macro. Please cut all cords of negativity between me and all fear of loss, and for the future, with all negative expectations, with all around me and fear of being hurt, with all the creativity I have bottled inside me, with commitments and responsibilities, with love for myself, forgiveness, self forgiveness, unworthiness, guilt, suffering, grief, abuse, abandonment and separation, all fear of being cast adrift with no frame of reference, with fear of losing my way, with all blocks between me and any aspect of God and Goddess, with me and mothering, fathering, mothers and fathers, with me and mother earth and my fear for natures safety and my own safety in a world that is changing fast. With all decisions and perceived mistakes, with all that worries me and prevents me from sleeping peacefully at night, with any disease or illness that impedes or worries me and with all pain and suffering so only the love and protection that is with me all the time is felt. thanks be, heal and transmute all energy to love.

MACRO 51

One area in your life that needs a closer look at is sensuality, you do not like most of us, fully love yourself and your body. You can't love your body in the future, you have to love what you have right now. Pay more attention on a moment to moment basis to your body, on how it actually feels. Do pleasurable things for the body, not pleasurable to the mind so much but what actually makes your body feel good. If you think you can't spend the time and money, consider the energy you will gain from being nice to your body. Whatever this thing is you love, will bring more awareness to your body on a daily basis and with this the possibility of loving yourself, for you can't love yourself unless you are aware of your body right now.

You are a charismatic visionary, don't get stuck in the rut. Even in your healing ideas don't be a follower. Use your unique gifts to really see the world as only you can see it

and heal accordingly. Be bold, dare to follow your own heart even if you feel it has never been done like this before. This willingness to follow your own lead will bring deep insight and break the oppression and stagnation you have been experiencing. Basically the sun is coming into your life to illuminate all areas of your life.

“I WELCOME THE SUN'S ILLUMINATION”

Love and light beings please use every macro to aid and heal all effected by this macro. Love and light beings please cut all cords of negativity between me and with all stagnation, boredom, financial blocks, greed and poverty, with energy blocks, resistance and fear, internalized aggression, fear of self realization, fear of loss, separation, loneliness, abandonment, with all worry, sadness, grief, loss, depression, dark spaces, and separation from self and God. With fear of being a leader or teacher, with taking the initiative, with fear of humiliation, and persecution, with originality and fear of others taking from you that which is yours, with walking your own path, and opinions of others, with success and failure, with giving and receiving, with all business, betrayal and jealousy, with all livelihoods across the lives, with all spiritual paths, teachers, tools and with all beliefs based on fear, with breakthroughs and enlightenment, with sensuality, sexuality, abuse, self harm, addictions, with all your gifts of communication and all blocks to total love and connection with the diving and mother earth. Thanks be and heal and transmute all energy to love.

MACRO 52

Deep within you I know you have golden memories of when life was not a struggle like this, keep reaching for that peace and joy for that is what is true not the outside confusion you see in your life now. Do not blame yourself for anything you see around you, neither blame anyone else, for blame is of no use whatsoever and just blocks healing. Keep observing and digging deeper and hold onto your dream you know you are an amazing person with heaps of love to share, joy will find you, you don't have to search it out, you just have to work on your compassion, for what you have learned can help so many. You have great passion which will keep you going just couple that passion with compassion for an all round winning combination. You have responsibility only for your life, taking this responsibility gives you back your power, if you are starting to feel responsibility for others give it back to God it is a burden you are not meant to carry, tread this life road lightly you are very close to the heart of God and love will be your guide.

“CONQUERING WITH COMPASSION “

Love and light beings please use all macros to aid and heal all in relation to this macro. Please cut all cords of negativity between me and fear, harm, anger, violence, with cold and hunger, with homelessness, with wanting to belong, with loneliness, with all manner of hardships, with the feeling of unfairness, with envy, greed, jealousy, with fear of never finding a place to call home, with fear of missing out on love, with separation and rejection, with childhood and all abuse and forgiveness and self forgiveness, with all guilt and self abuse, with identity and any self harm, with intoxicants and addictions, with grief sorrow, tears unshed, with abandonment by God and anger at God and any aspect of God so that all that remains is love, with fathers and father figures, with fathering, with sexuality, with mothering and mothers and nurturing self, with innocence, with belief in light and love being the all powerful

force, with all beliefs that stem from fear and punishment, with all concept of sin and damnation, with science and spirituality, with all lives as a monk or sage, with all vows of poverty and chastity, with all degradation, humiliation, persecution, torture and death in the name of something, with all politics and war, with big business, the economy, with corruption, with ethics and truth, with all blocks to abundance and all fear of lack, and loss, with separation, abandonment and all times I has closed off totally to protect myself. With clearing and pumping in love to all places and all beings I find myself around and providing me with 24/7 protection and constant love, with any etheric hitchhikers and entities that are attracted to my light, and with all curses, magic and shadow lands, portals and objects of power and with abuse of power and wealth, with all miserliness in past lives, with generosity and with receiving and with worthiness and guilt. With self love and total self forgiveness so that all is left is total love for self. Thanks be, heal and transmute all energy to love.

MACRO 53

I feel like you are about to hit great change, a total transformation, I feel this is within your inner self and in your outside physical circumstances, however you have a great deep fear of change for in the past many changes have brought you if not loss and separation they have brought chaos and you have not always dealt with this well in the past. However this time you are going to deal with this far better. You crave this change yet at the same time you push it away and to bring this change about for the better you need to concentrate on all the negativities that come up in times of accelerated growth. Doubt is a major one for you doubt in self and if you are doing the right thing and doubt in your protection and God, is it all really in my mind ect, you also suffer greatly from regret. Regret is such a futile emotion just like guilt. Every time you feel yourself taking that path, what if, if only, cut with the experience you are thinking about and heal it and let it go forever healed. You like most of us have major issues with abandonment and fear of loss, you have layers upon layers of it and it rears its ugly head every time change is around the corner. You need once again to cut with this fear and know that you can never lose love, the only way to really see through this illusion is to put your faith in God and self asked to be healed from this illusion and observe without fear and see just what does happen when you are not projecting negative expectations onto the change.

The change that is going to happen to you is going to be a very abrupt one, you have no choice about it, but you do have a choice about how you cope with it and what you create from this change. How you react in the time of change is paramount, try to maintain balance as you lose it ask for help, this is not your forte asking for help, you love to give it but you feel you impose and that it threatens your independence to ask for help. However this is not true, when you ask for help from another you give them the gift of giving, don't see it as a depletion of what they have but as you know from giving yourself you receive so much from giving, so give the gift of giving and ask for help in this time of need.

“REMAINING STRONG AND GROUNDED IN TIMES OF INTENSE CHANGE.”

Love and light beings please use all macros to aid and heal all effected by this macro. Love and light beings please cut all cords of negativity between me and fear of change, with remaining balanced within change, with boredom and excitement, with

all tendency I have to want to escape and fly off. With mother earth and grounding and nature and the elementals, remembering to ask help from all beings, remaining mindful of the gift I give in receiving, with all negative expectations and any way I have coped with change in the past, with all crutches and consolation in food when change hit in the past, with trust and faith in God and self and with regret and guilt, with all coping mechanisms and any stress and pain that I am holding onto. With all loss and separation and any fear of abandonment, with fear of not being able to support self, with all tools, paths, methods, teachers, magic, promises, contracts, debts loans, greed, abuse of power, self harm and loathing, and agitation. With all around me and all negativities they need clearing for all and any entities and beings sucking their energy so they may go straight to God source not through me or my loved ones, with their homes and environments and all that needs clearing and asking for love being poured into all and protection set as it is needed. Thanks be, heal and transmute all energy to love.

MACRO 54

You have had some hard lessons lately. The thing is we can only accept the love we have for ourselves. There is much about yourself that you do not love and every time you get close to a loving state, you self sabotage because you feel insecure. You project onto others what you see in yourself. Every being you cross paths with can show you what you need to heal in yourself before you can accept love. You will be offered all encompassing love again, but not until you heal what needs healing within you. We cannot accept from anyone else what we will not give to ourselves.

You need to focus in on short circuiting your negative mind loops. A very strong one in you is the fear of losing love, it is so strong you don't even give love the chance to grow, just so you don't risk losing it. This is tied in with all the separation and abandonment and loss you have experienced across the lives, also the fear that somebody else can steal love away from you, jealousy by another name.

“TURN AROUND AND FACE MYSELF”

Love and light beings please use all macros to heal and aid all effected by this macro. Please cut all cords of negativity between me and with all self love issues, all fear of seeing self, with all belief in sin, damnation , rejection by God, all beliefs religious and otherwise based on fear. With all that separates me from God or any aspect of God. With forgiveness and self forgiveness, guilt and unworthiness, regret over lost opportunities, with all mistakes I think I have made. With fear of losing love, with separation, abandonment and jealousy. With all protection I have put over my heart that prevents me from feeling love. With all beings sucking off my energy, with dependence on others, with all I feel responsible for. With my family and all that is not of love, with all the loves and partners across the lives, all sexuality, all abuse, all victim hood and self abuse, all depression, sadness grief and sorrow. Asking that all negativity is removed from my home, workplace and nearest and dearest and asking that they all are filled with love and appropriate protection is placed over all. Thanks be, heal and transmute all energy to love.

First Time Healing Cards

1. Beings of Light I am asking that if anything has been taken away from me across all time and space, that it is now given back to me in perfect condition. (This might be skills, power, knowledge, I have never heard it being a pot of gold, mores the pity.) If anything has been implanted that is not of the highest good, let it now be removed and appropriate cords cut between me and any beings who implanted it. Thanks be and please change any energy released back to love.
2. Beings of Light please cut any negativities, leaving only love, between me and any aspect of God or Goddess I have ever worshipped or feared and with any blockages I have ever had between me and the source of Love and Life. Thanks be and please change any energy released back to love.
3. Beings of Light please cut and cords between me and any fear of devils, entities, demons, concepts of hell, sin and damnation, magic including all black magic, promises, vows, contracts, debts and loans. Thanks be and please change any energy released back to love.
4. Beings of Light please cut the cords between me and all fearful deaths, all fear of dying in whatever way and fear of others dying and the pain and suffering involved. Thanks be and please change any energy released back to love.
5. Beings of Light please cut the cords between me and all fights all wars, all persecution and torture, all those killed and any being harmed by me, with all slavery and imprisonment. Thanks be and please change any energy released back to love.
6. Beings of Light please cut the cords between me and guilt, unworthiness, self hate, self love, forgiveness, self forgiveness, self harm, suicide, self sacrifice, victim hood, powerlessness and any time I abused power, status or position. Thanks be and please change any energy released back to love.
7. Beings of Light please cut the cords between me and all death decay, old age, fear of separation, abandonment, grief, illusion of loss of love, sorrow, pain, suffering, tears cried and any cords that loved ones who have passed over need cutting for their highest good. Thanks be and please change any energy released back to love.
8. Beings of Light please cut the cords between me and all lovers and those I have been intimate with in thought, word or deed. Thanks be and please change any energy released back to love.
9. Beings of Light please cut the cords between me and all children I have ever had or had in my care, with all harm and death during childbirth and pregnancy and with the death of any child and all associated guilt, blame and unforgiveness. Thanks be and please change any energy released back to love.
10. Beings of Light please cut the cords between me and all periods of time and history, with meditation, astral travel and all fear of losing self. Thanks be and please change any energy released back to love.
11. Beings of Light please cut the cords between me and all religions, philosophies and spiritual paths, with all traditions, all observances, or lifestyles, with all techniques, teachers or pupils. Thanks be and please change any energy released back to love.
12. Beings of Light please cut the cords between me and all addictions, sex, drugs and rock and roll and the withdrawal from all said addictions. Thanks be and please change any energy released back to love.
13. Beings of Light please cut the cords between me and all sexuality and abuse. Thanks be and please change any energy released back to love.

14. Beings of Light please cut the cords between me and all fear of lack, be that money, support or love, with all possessions, wealth, status, power and objects of power. Thanks be and please change any energy released back to love.

15. Beings of Light please cut the cords between me and Mother Earth, fears concerning the environment, all Mother Earths inhabitants, all the elements and with any fears concerning earths future. Thanks be and please change any energy released back to love.

16. Beings of Light please cut the cords between me and all jobs, work, livelihoods, with all the places I have ever lived or worked and with any beings I have ever lived or worked with. Please also clear all those places of any negative energy and change any energy released back to love.

17. Beings of Light please cut the cords between me and anything else I need so that I may be freed from all fear and know that I am totally safe, protected and loved. Thanks be and please change any energy released back to love.

MACRO 1	MACRO 2	MACRO 3	MACRO 4	MACRO 5	MACRO 6
MACRO 7	MACRO 8	MACRO 9	MACRO 10	MACRO 11	MACRO 12
MACRO 13	MACRO 14	MACRO 15	MACRO 16	MACRO 17	MACRO 18
MACRO 19	MACRO 20	MACRO 21	MACRO 22	MACRO 23	MACRO 24
MACRO 25	MACRO 26	MACRO 27	MACRO 28	MACRO 29	MACRO 30
MACRO 31	MACRO 32	MACRO 33	MACRO 34	MACRO 35	MACRO 36
MACRO 37	MACRO 38	MACRO 39	MACRO 40	MACRO 41	MACRO 42
MACRO 43	MACRO 44	MACRO 45	MACRO 46	MACRO 47	MACRO 48
MACRO 49	MACRO 50	MACRO 51	MACRO 52	MACRO 53	MACRO 54

FTH 1	FTH 2	FTH 3	FTH 4	FTH 5	FTH 6
FTH 7	FTH 8	FTH 9	FTH 10	FTH 11	FTH 12
FTH 13	FTH 14	FTH 15	FTH 16	FTH 17	

1. Cut these out to use as tickets to pull to select cards.

AFFIRMATIONS AND CORD CUTTING PRAYERS

It is very good to cut cords and remove all the illusions from your life, but your mind is an active part of you and if you are not worrying then you must be doing something constructive with your mind. This is where affirmations come in; they are the positive building blocks you use to rebuild with love. The most powerful affirmations are your own, but I give you all the affirmations I made up over a year and the cord cutting prayer to go with them. Please take them and adapt them and make these powerful tools your own. So the idea is to cut with some issue (the first part) and then make up an affirmation to go with it, (the second part.)

Cord Cutting Prayers and Affirmations

Love and light beings, cut the cords between me and any anxiety and worry I have for the future and with fear of lack of time or of wasting time. Thanks be, heal and transmute to love and light.

I am relaxed and centred, and I have plenty of time for everything.

Love and light beings, between me and self love/hate, worthiness and with anything about previous relationships that has been less than unconditional love. Thanks be, Heal and transmute to love and light.

I love myself and I naturally attract loving relationships into my life.

Love and light beings, between me and trying to control my future and with surrender to my higher self, with attachment to the outcome and details of how I will be given what I need and with trust that I will receive all that I need. Thanks be, Heal and transmute to love and light.

Everything I need is coming to me easily and effortlessly.

Love and light beings between me and any doubt of my inner wisdom and with all the times I was sorry I didn't follow it, and with any cords that make it easier to follow my inner wisdom. Thanks be, Heal and transmute to love and light.

My inner wisdom is guiding me now.

Love and light beings please cut the cords between me and any time I have been afraid to give for fear of leaving myself short or lacking, and with any time I have been afraid to receive for fear of leaving the other being lacking in any way. Thanks be, heal and transmute to love and light.

The more I have, the more I have to give. The more I give, the more I receive, and the happier I feel.

Love and light beings between me and my will and gods will and the difference between. Thanks be, heal and transmute to love and light.

May Gods will be my will, may my will be Gods will and may Gods will be done.

Love and light beings between me and any fear that I am not providing what anyone needs or with the feeling of responsibility towards any being and with any timing issues or fears that I have and any fear that anything I need will not be provided in just the right way at the right time. Thanks be, Heal and transmute to love and light.

Nothing is a problem to me, spirit takes care of all seeming conflicts, everybody receives what they need from me and I receive everything I need from the universe at just the right time.

Love and light beings between me and any time I have felt guilt for doing what I want to do and with any time I have said yes when I felt like saying no and with self love and worthiness. Thanks be heal and transmute to love and light.

I don't have to try to please anyone else - I like myself, and that's what counts.

Love and light beings cut between me and any feeling of responsibility for any other beings path, and with the feeling that I heal them or have to provide for them. Thanks be, heal and transmute to love and light

I am free from responsibility, God heals all just as I am healed, God provides for all totally abundantly just as I am provided for.

Love and light beings between me and any stress or feelings of uneasiness and pressure. Thanks be, heal and transmute to love and light.

I realize that stress is only fear. I now release all fears. I let go of all negativity that rests in my mind and body. Let go, Let God.

Love and light beings between me and all beings, all relationships and anything that is not unconditional love so that all is healed. Thanks be, heal and transmute to love and light.

Whoever I meet has a message of love for me, the fun is in the unwrapping of the present to let the love shine out.

Love and light beings between me and this pain and discomfort that I am experiencing right now, anything that makes it seem real and using any of the macros anything that is needed to heal this right now. Thanks be, Heal and transmute to love and light.

Every pain or discomfort I feel is good, for here is an opportunity to heal and clear something else. I welcome my pain so that I may see it as the illusion it is. Love is the only thing that is real.

Love and light beings between me and any fear that I can be hurt in relationships or that I can loss anything or have it taken from me and with being a victim or overbearing in relationships. Thanks be, Heal and transmute to love and light.

I am strong, vulnerable, and loving in my relationships.

Love and light beings between me and any responsibility I feel for any being I interact with and with any feeling that any power is my power and not God's. Thanks be, heal and transmute to love and light.

I can relax and let go. I can go with the flow.

Love and light beings between me and anything I believe to be fixed and unchangeable, with all illusions of lack and limit. Thanks be, heal and transmute.

I live under the laws of divine grace, the laws of man have no power over me.

Love and light beings between me and any beliefs that I do not have the power to heal or that god wishes me anything but love and happiness also with anything I wish for myself that could result in blocking of love and happiness. Thanks be, Heal and transmute to love and light.

The Divine wishes me only love and happiness, God always gives me the power to heal anything that does not fit into that category.

Love and light beings between me and any time today I slip into past or future musings and therefore into illusion. Thanks be, heal and transmute to love and light.

Love and light beings are always helping me to maintain a very high state of awareness, whatever activity I am doing, I am in the now and totally happy.

Love and light beings between me and anything that prevents me from residing in that centre, or any cords of forgetfulness that prevent my awareness from returning there. Thanks be, heal and transmute to love and light.

I take refuge in peace, love and truth, at my centre that is all there is peace, love and truth. My awareness stays in the centre.

Love and light beings between me and any discomfort I feel and with any neglect in regards to self care and self love. Thanks be, Heal and transmute to love and light.

I lavish love and care upon myself. If I feel a discomfort I use this to change my practices until all I feel is comfort.

Love and light beings between me and any cords of dogma and needing others to believe in my truth my path and with any prejudice or problem I have with seeing others points of view. Thanks be, heal and transmute to love and light.

I am peaceful with my own truth and I need no one to know or agree with my truth for it to be healing and powerful for me. I do not take others opinions of my truth personally, I am secure in self love and knowledge.

Love and light beings between me and any cords with slander, gossip, lies, poisons of all types and with any allergic or negative reactions to any of these poisons. Between me and any fear of harm to me or love ones and any cords I need cutting so that I

know I and my loved ones are totally safe protected and loved at all times. Thanks be, heal and transmute to love and light.

God has inoculated me completely with love, against all poison, environmental, gossip, lies, slander, all poisons. I am totally safe and protected even in the middle of hell with love and light as my friend and guide.

Love and light beings between me and any blocks in communication and with any fear of not sharing open and truthful communication. Thanks be, heal and transmute to love and light.

All my communication channels with any being are fully open, I make no assumptions about what beings feel or want, I communicate in a completely open way devoid of fear.

Love and light beings between me and fear of losing or having lost anything, and with all hurts pain and suffering and with the fear that I do not know what truth is. Thanks be, Heal and transmute to love and light

Nothing is lost in the eyes of God/Goddess, All hurts are healed and truth is a tool that sets us all free.

Love and light beings, between me and my higher self anything that is not love, with any fear regarding my path and fear of the unknown and any cords that need to be cut so that I may know I am totally safe, protected and loved. Thanks be, Heal and transmute to love and light

I am in tune with my higher self and constantly expanding to allow more of me and my higher self to merge, I am confident in the plan for my life and have my hand in Gods, so may walk into the unknown with total confidence.

Love and light beings cut any cords of blame, guilt, sorrow, and unforgiveness. Thanks be, Heal and transmute to love and light.

I am not to blame for anything, I feel no guilt in relation to anything, responsibility is the ability to respond and I respond by acting rather than reacting.

Love and light beings between me and any fear that my body is not doing a really good job of eliminating all toxins, with any fear of toxins entering my body and with fear that they can't easily be transmuted to love. Thanks be, Heal and transmute to love and light

I eliminate all my toxins and negativities with ease and all wastes are immediately transmuted, my whole body is in an AI condition, my elimination systems within it are working in the most efficient way possible and all negativities are being constantly transmuted to love.

Love and light beings between me and me and the need to know and understand and remember all things, and any cords of negativity that need cutting between me and my

higher self so I may relax and let God take control. Thanks be, Heal and transmute to love and light.

I know how to be and release the need to understand everything, I let my higher self guide and control my life with total confidence.

Love and light beings between me and any feelings of being separated from any being by space or time. Thanks be, Heal and transmute to love and light.

We are all interconnected by love at all times and at this soul level we are neither separated by space or time.

Love and light beings between me and any cords of forgetfulness, and with working out what I am really asking for and with anything I ask for mistakenly that is negative. Thanks be, Heal and transmute to love and light.

I Thank Spirit for always giving me what I ask for and far more, and I make sure I know what I am asking for on a moment to moment basis.

Love and light beings between me and anything causing me not to want to see the world anything I see that is not beauty and perfection and anything causing eye irritation and conjunctivitis. Thanks be, Heal and transmute to love and light.

I see perfectly clearly and all I see is light and love.

Love and light beings with all words I say or all things I think about saying that are not full of love and light only. Thanks be heal and transmute to love and light.

Every word I utter creates something so I am careful; I utter words of love and truth only.

Love and light beings cut between me and my lack of enjoyment in my friends, family and daily routine and lack of self love. Thanks be, heal and transmute to light and love.

I enjoy what I am doing. I enjoy the people in my life. I enjoy myself. I am loved and so blessed.

Love and light beings with any feeling of blockage from my source of inspiration or energy. Thanks be, Heal and transmute to love and light.

I am continually full of inspiration and energy to carry these inspirations out.

Love and light beings with success and failure and with all attachment to all of the outcomes of any action. Thanks be, Heal and transmute to light and love

I am successful in everything I do and I am free in the knowledge that I am not attached to the outcome of these actions, true success comes from this freedom.

Love and light beings between me and fear of my thoughts or of any illusion that comes to mind that is frightening or causes fear. Thanks be, heal and transmute to light and love.

My Mind is a great friend to me, everything that arises in mind can be used to show you the next illusion that needs healing.

Love and light beings between me and fear for future, guilt for the past and with feeling a need to control things or with feeling powerless. Thanks be, Heal and transmute to love and light.

I am totally free to just enjoy the moment with no fear for the future or regret about the past, I have surrendered my life to the Divine and know that anything that needs to be done will be communicated to me at exactly the right time.

Love and light beings between me and any fear that I am not going to be totally abundantly provided for, and the thought that worrying about and trying to control money is going to pave the way for abundance. Thanks be, heal and transmute to love and light.

I am totally free from all financial worry, all my bills are abundantly paid before due date, and I am free in the knowledge that anything I require is provided for me before I even ask.

Love and light beings, between me and the belief that I have to endure pain and suffering to enjoy some future happiness and with anything that prevents me from experiencing happiness right now. Thanks be, Heal and transmute to love and light

I am amazed and full of joy and gratitude for the fact that my life is happier and happier every moment, and that I do not have to wait for any future happiness or mystical heaven in which to find my happiness.

Love and light beings, between me and all cords of wanting to be needed, with being needy in any way and seeing any other being as needy, with anything that prevents me from seeing all beings as totally perfect and full of love. Thanks be, Heal and transmute to love of light.

I see that nobody needs me as I need nobody, to see myself as needed acknowledges a lack in another being, and there is no lack we are all totally whole and full of love.

Love and light beings cut between me and any feeling of ever being inferior or superior, with all prejudices and anything that separates me from another being and love. Thanks be, Heal and transmute to love and light.

I see the nobility and divinity in all beings, I am superior to none, I am inferior to none, we are all one, indivisible, complete.

Love and light beings between me and any bit or aspect of myself I didn't love, and with any separation or ugliness I ever felt existed in me or any being. Thanks be, heal and transmute to love and light.

I love myself totally completely without reservation, I love my body without any reservation, every beautiful goddess curve and roll of it without hesitation, I am beautiful and every pore is filled with love. I am love and I can only give love, for that is all I am.

Love and light beings, between me and any time I feel unloved or unloving. Thanks be, Heal and transmute to love and light.

I only need Faith until I know, I now know that God/Goddesses love for me is absolute, infinite and unconditional, and I know I can find this same space and being inside of me at any time, in any space or situation.

Love and light beings between me and any responsibility I feel for any other being and any time I have judged or blamed myself for anything. Thanks be, heal and transmute to love and light.

I take complete responsibility for all my actions, but do not judge or blame myself for anything.

Love and light beings between me and any fear that I can't pay bills or haven't enough money or resources. Thanks be, Heal and transmute to love and light

I attract all the money and wealth into my life that I could possibly need and do not have to do any work for it, it naturally comes as I enjoy myself and let go of all worry and fear of lack.

Love and light beings between me and all assumptions I have made about others being right or wrong or about their beliefs or motives. Also cut between me and any slander of gossip of me or others and any harm caused. Thanks be, heal and transmute to love and light.

I try to be free of assumptions about others beliefs at all times, I do not assume that you reacted in this way so therefore you must believe a certain thing. I gossip about no one and send only love in my thoughts or words.

Love and light beings between me and all drudge jobs I have ever done with all days that have dragged and with all work I hated doing and with any fear that I will ever have to do anything like this again. Thanks be, Heal and transmute to love and light.

I make my living in a perfectly abundant way, in a way that makes me totally happy and that makes all my time feel like play.

Love and light beings between me and forgetting that I am not alone with all times I have felt it is all too much and that there is no one there to help me, and all the times I felt totally overwhelmed. Thanks be, heal and transmute to love and light.

I give thanks for the millions of angels and spiritual helpers I always have around me, for all the experts in every field which are always there to help me with every

dilemma, with all the beautiful beings that are there to comfort me if I ever feel down or lonely. I love you all and thank you all from the bottom of my heart.

Love and light beings between me and my higher self and every time I get in the way of a perfect outcome, with my fear and need to control. Thanks be, heal and transmute to love and light.

For every challenge is a perfect solution, I visualize in my mind the perfect outcome for all involved and let Spirit sort out how.

Love and light beings between me and any guilt for anything I feel was a mistake and with all unforgiveness of self and all other beings. Thanks be Heal and transmute to love and light.

Nothing I have ever done is a mistake, all has been used to heal illusion. No being holds resentment or unforgiveness against me just as I hold none towards any being.

Love and light beings between me and any time I do not have love for that which I observe and all the times I crave and have aversion to certain conditions in my life, so that I may know true freedom from all illusion. Thanks be, heal and transmute to love and light.

I accept with unconditional love all that arises in my life and all that passes away, I observe all with love.

Love and light beings between me and anything preventing me from experiencing Peace and joy in every moment. Thanks be, Heal and transmute to love and light.

Every day is a happy day filled with Peace and Joy, and as I realise there is only NOW there is no fear or guilt.

Love and light beings between me and my children, anything that is not love so we may all go free. Thanks be, heal and transmute to love and light.

I am a wonderful mother and everything I do with my children is just the right thing to do for that time, so both me and my children can learn the lessons we need to learn.

Love and light beings between me and acting out of impatience, fear or boredom, with any act that is not necessary and any cords that allow me to see the intention behind my actions instantly. Thanks be, heal and transmute to love and light.

I act at exactly the right time in the right way, never having to repeat stuff or do it unnecessarily, thereby saving my energy for enjoyment. In this way all my Goals are accomplished with ease and grace.

Love and light beings between me and any cords that are blocking this manifestation of love. Thanks be, heal and transmute to love and light.

I give thanks and receive with open arms and open heart all that is mine by divine right, total love and fulfilment and abundance in every area and aspect of my life.

Love and light beings cut for any confusion that ever sets in and a feeling of being lost and alone. Thanks be, heal and transmute to love and light.

I am feeling a deep peace within my life, even as conditions all around me go up and down, I can go to the place within me that is balanced and happy with all things just as they are. From this place you can see through all illusion and see the love and harmony that connects us all.

Love and light beings cut between me and the fear that my beliefs and expounding them creates separation between me and the other being, and therefore between me and God, also with the fear that this promotes my ego also and with the fear of being under threat when my beliefs are challenged. Thanks be, heal and transmute to love and light

I am relaxed in my beliefs about life and love, if somebody does not agree or understand I do not take this personally, I stay detached and in love which neither resists of forces.

Love and light beings, between me and any blocks I acquire to your constant flow of love, and with any fear that if I don't get any sleep that I won't be rested. Thanks be, heal and transmute to love and light.

I thank God for giving me all the energy I need and far more, and knowing that I can channel this back into all beings and stay in balance with mother earth.

Love and light beings between me and any fear of success and failure with all illusion of competition and winning and losing. Thanks be, heal and transmute to love and light.

I am successful in all that I do and since all I desire is love, I have no fear that my success will cause anyone else to fail.

Love and light beings between me and any fear I will not be able to pay the bills on time and fear that I will have to scrimp and save to find the money for them. Thanks be, Heal and transmute to love and light

All my bills are abundantly paid before time, with great gratitude, and I still have heaps left over to get anything I want.

Love and light beings between me and any need or compulsion to change anyone or with anything that I perceive to be wrong with them for if I do it needs healing in myself. Thanks be, heal and transmute to love and light.

I am confident in my own light, knowing I am perfectly healed, whole and loved I help others see through the illusion so that they may also experience this reality.

Love and light beings between me and any agitation that arises when my beliefs or opinions are challenged in any way, also with all those opinions and beliefs and with

anything that prevents me from feeling totally safe in the vulnerability of love. Thanks be, Heal and transmute to love and light.

All my words and actions create only love peace and harmony, and no words or actions by any other being can create any fear in me. I am totally safe and protected within love itself.

Love and Light beings between me and any negative thoughts I think and any cords I need cutting so I always remember not to make them manifest as words. Thanks be, heal and transmute to love and light.

I am very careful with my word, I speak only what I would create, success, happiness and abundance. I only experience heaven on earth.

Love and light beings between me and thinking I need anything else and with any fear of losing love which is of course impossible because love is all we are. Thanks be, heal and transmute to love and light.

Total unconditional love is all I need, is all I am.

Love and light beings between me and every time I have compromised my needs to meet the needs of others and all the times I let anger creep in over this and with all the guilt I have felt when I have stated my needs. Thanks be, Heal and transmute to love and light.

I say no when I need to, with no guilt and say yes with joy.

Love and light beings for me and my twin flame and between us with any blocks to total manifestation of absolute abundance in every aspect of our lives. Thanks be, Heal and transmute to love and light.

I and my twin flame are powerful co-manifestees of a life filled with love, wealth, excitement, joy, peace, friendship, interest, change, enchantment all in total abundance.

Love and light beings between me and any frustration at repeated blockages, clearing, illusions of pain and suffering and with feeling tired and dispirited. Thanks be, heal and transmute to love and light.

I am grateful for any so called blockages now, for if I heal them now then they won't be manifesting the future for me and I won't have to deal with their effects in the future, so thank you for any blockages which I know God always gives me the capacity to heal.

Love and light beings between me and any idea that some miracles are impossible or take longer and with anything in me that says I am not worthy of experiencing them. Thanks be, heal and transmute to love and light

Miracles happen moment by moment and there is no difference in difficulty manifesting any miracle as all flow without effort on our part, all are given as gifts to enjoy the experience of love.

Love and light beings between me and any unhealthy cravings, or fear that I am not eating the required balance for health, with knowing everything I put into my body is transmuted into love. Thanks be, heal and transmute to love and light.

I eat if I am hungry and refrain if I am not, I know that my body gets exactly what it needs as I listen to my inner voice telling me what and when to eat. My body is in total balance and is getting all the nutrients and love that it requires to blossom and glow with health.

Love and light beings between me and any feeling of lack especially of love. Thanks be, Heal and transmute to love and light

I am bathed in love and light and healing energy, love is all I need and I have love in total abundance.

Love and light beings between me and the spirit of all things I have ever eaten and the spirit of all things that have ever eaten me, food and weight macro. Thanks be, heal and transmute to love and light.

The food that makes me feel good and energised is the food I really desire to eat, and I affirm that no matter how much I eat I am satisfied and full and that this fulfils all my dietary requirements.

Love and light beings with any time I feel I have made mistakes, wasted time or totally mucked up my higher self's plans for a happy life for me. Thanks be, heal and transmute to love and light.

Everything is in perfect divine order and I thank God for the perfect happily ever after ending.

Love and light beings for any times I lost my trust and felt I was alone and had no guidance, and for all the cords my wonderful support team need cutting so that they also may go totally free from all illusion. Thanks be, heal and transmute to love and light.

I have total trust and confidence in my guides and angels, they have nothing but love for me, and I for them, I am so grateful for their sense of humour, their patience and gentle lessons. I love them all so much they make living so much fun.

Love and light beings between me and anytime I have feared for my children's safety or lives, with any residues of fear concerning anything in their lives and anything I need to let go let God in all areas of their lives. Thanks be, heal and transmute to love and light.

My children and I are glowing beacons of health, I need never worry or fear for my children as knowing how well God / Goddess takes care of me how much more are my children taken care of.

Love and light beings between me and any pressure or responsibility or worry I ever feel due to me taking things personally. Thanks be, heal and transmute to love and light

I take nothing personally, God / Goddess has the whole plan in hand, I have to do nothing more than get out of the way and enjoy the ride.

Love and light beings with any lurking shadows and fears within, that all may only be unconditional love. Thanks be, heal and transmute to love and light.

I am totally honest and open in all my dealings, communications and relationships. This is my protection with truth and love in my heart I have nothing to fear.

Love and light beings with me and any fear of ever being under attack or with the thought that anyone else's negativity can touch me in any way. Thanks be, heal and transmute to love and light.

Nothing can ever harm me or have a negative effect on me, as all fear is illusion and I have the power to dispel all illusions, Only love is real.

Love and light beings with any fear I still have of hearing anything from anyone and with helping to bring into the light any belief I have so far not challenged. Thanks be, heal and transmute to love and light.

I communicate with no fear even when I am being challenged to the utmost, I know that it is only challenging me to grow further and give up any belief that is holding me back from flying.

Love and light beings between me and any fear attached to my sexual being and with all guilt pain and suffering. Thanks be, heal and transmute to love and light.

I am a wonderful sexual being and my sexuality can help me be aware and sensitive to all energies and flows of love and as I open my heart to love, all fear regarding sexuality dissolves.

Love and light beings between me and any fear that I have ever had of not being protected or my loved ones not being protected and safe and loved. Thanks be, heal and transmute to love and light.

Everything I do or say is totally transparent, I have no need of secrecy or protection, my only protection is love, I am totally free and surrounded by love at all times.

Love and light beings between me and any negative self talk or anger or unforgiveness of self that I project onto others. Thanks be, heal and transmute to love and light.

I love and accept myself as I am right now, this is the same love and acceptance that I see all other beings with.

Love and light beings between me and any competition, opposition, fear or separateness I feel. Thanks be, heal and transmute to love and light.

The love I feel for all beings becomes deeper and deeper every day and more encompassing of everything I experience, allowing me to see the light and oneness in all things.

Love and light beings between me and all illusions of pain and thinking it is harder to heal myself than others, with anything I am stubbornly holding onto for whatever reason. Thanks be, heal and transmute to love and light.

I have the power at all times to instantly heal any illusion of pain of suffering within myself. I thank love and light beings for a body that expresses only love and which holds onto no stress, pain or suffering.

Love and light beings between me and any fear that my life will not be constantly full of miracles. Thanks be, heal and transmute to love and light.

My will and Gods will are one, God wishes to see abundantly provided for right now and so it is. May Gods will be done.

Love and light beings between me and any deep anger, any anger that is hidden as passion, I no longer need this crutch in my life, everything I need to do can be accomplished by channelling God's love through me. Thanks be, Heal and transmute to love and light.

I am totally free of anger, all anger and the energy from fear is transmuted and transformed into love and loving energy.

Single Cord List

If you think you have cut all the cords you can find, get stuck into this lot. I found something to cut with each one of these cords again and again and again.

Love and light beings, cut the cords between me and Crucifixion, Christ, the life of Christ, the second coming, revelations, the bible. Thanks be, heal and transmute to love and light.

Love and light beings, between me and Statistics, numbers, physics, chemistry, maths, biology and the sciences. Thanks be, Heal and transmute to love and light.

Love and light beings, between me and Orders, giving and taking, need to tell others what to do and how to do it. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Arguments, yelling, verbal violence and verbal and mental abuse. Thanks be, Heal and transmute to love and light.

Love and light beings please cut the cords between me and Safety, fear of harm, revenge, being chased and protection. Thanks be, heal and transmute to love and light.

Love and light beings between me and Agriculture, growing own food, survival, hunting and gathering, subsistence farming. Thanks be, heal and transmute to love and light.

Love and light beings between me and Loss, disappointment, failure, gain, success and pleasure. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Purity, sainthood, being evil, sin. Thanks be heal and transmute to love and light.

Love and light beings cut between me and Punishment, self punishment, hatred, self hatred. Thanks be, heal and transmute to love and light

Love and light beings between me and Reward, Love, self Love. Thanks be, heal and transmute to love and light.

Love and light beings between me and Prejudices of all types. Thanks be, heal and transmute to love and light.

Love and light beings between me and this pain and discomfort that I am experiencing right now, anything that makes it seem real and using any of the macros anything that is needed to heal this right now. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Control, power, wanting to be in control, loss of control, fear of being controlled. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Livelihood, job, work, career, service, unemployment. Thanks be, heal and transmute to love and light.

Love and light beings between me and Karma, reincarnation. Thanks be, heal and transmute.

Love and light beings between me and Chocolate, sugar, caffeine. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Criticism, sarcasm, praise, encouragement. Thanks be, heal and transmute to love and light.

Love and light beings between me and Bondage, imprisonment and fear. Thanks be, heal and transmute to love and light.

Love and light beings between me and Freedom, Liberation and joy. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Rules, Regulations, timetables, time, calendars and routines. Thanks be, heal and transmute to love and light.

Love and light beings between me and Healing and Harming. Thanks be, heal and transmute to love and light.

Love and light beings between me and Spirits, life after death, heaven and hell, astral planes. Thanks be, heal and transmute to love and light.

Love and light beings between me and Social concepts, social laws and expectations, conformity and nonconformity. Thanks be, Heal and transmute to love and light

Love and light beings, between me and Yoga, exercise and sports. Thanks be, Heal and transmute to love and light

Love and light beings cut any cords of Solitude, secrecy, privacy, crowds, loose lips, extrovertism. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Inflexibility, flexibility, ability to change, unwillingness to accept change. Thanks be, Heal and transmute to love and light

Love and light beings between me and Temperature extremes, freezing, burning, cold and heat. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Comfort, luxury, frugality, simplicity, any vows of poverty. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Law, prophecies, retribution and punishment. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Violence, fear of violence, uprisings, riots and rebellions. Thanks be, Heal and transmute to love and light.

Love and light beings with Love, the need for love and the fear of losing love. Thanks be heal and transmute to love and light.

Love and light beings cut between me and Pets and working animals. Thanks be, heal and transmute to light and love.

Love and light beings with Oceans, seas, rivers, waterfalls, lakes, ponds, boats, submarines, any watercraft. Thanks be, Heal and transmute to love and light.

Love and light beings with Aquatic life, fish, sharks, whales, dolphins, sea creatures, mermaids, water beings. Thanks be, Heal and transmute to light and love

Love and light beings between me and Victim and Victor, defeated and conquerors, won and lost. Thanks be, heal and transmute to light and love.

Love and light beings, cut the cords between me and Gender, femininity and masculinity. Thanks be, heal and transmute to love and light.

Love and light beings, between me and Depression, mental illness, doom, feelings of futility and hopelessness. Thanks be, Heal and transmute to love and light.

Love and light beings, between me and Anger and frustration. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Spiritual teachers of any kind. Thanks be, Heal and transmute to love and light.

Love and light beings please cut the cords between me and Cults, collectives, clubs, organizations, groups of any kind. Thanks be, heal and transmute to love and light.

Love and light beings between me and Churches, temples, mosques, monasteries, places of worship of any kind. Thanks be, heal and transmute to love and light.

Love and light beings between me and Stone circles, power places of any kind. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Buddha, Christ and ascended masters. Thanks be heal and transmute to love and light.

Love and light beings cut between me and Stubbornness, determination, strength and weakness. Thanks be, heal and transmute to love and light

Love and light beings between me and Forgiveness and unforgiveness. Thanks be, heal and transmute to love and light.

Love and light beings between me and Genitals, breasts, breast feeding, body parts and body image. Thanks be, heal and transmute to love and light.

Love and light beings between me and Giving and receiving. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Water and the necessity of it for life, dehydration and thirst. Thanks be, Heal and transmute to love and light.

Love and light beings between me and World wars, massacres, religious wars, fighting, battles, skirmishes and treachery. Thanks be, heal and transmute to love and light.

Love and light beings between me and Loneliness, being alone, self-reliance. Thanks be, heal and transmute.

Love and light beings between me and Possessions and personal attributes, talents, personality traits, what you are. Thanks be, Heal and transmute to love and light.

Love and light beings between me and getting it wrong or right, mistakes and solutions. Thanks be, heal and transmute to love and light.

Love and light beings between me and Witch hunts, inquisition, persecution for spiritual beliefs or lifestyle choices. Thanks be, heal and transmute to love and light.

Love and light beings between me and Holy Grail, knights Templars, Excalibur, holy relics and holy quests. Thanks be, Heal and transmute to love and light.

Love and light beings between me and the king Arthur story, all the characters in it, Avalon, Druids and priestesses. Thanks be, heal and transmute to love and light.

Love and light beings between me and Jerusalem, holy land, events and people in Christ's life. Thanks be, heal and transmute to love and light.

Love and light beings between me and Lemuria, Atlantis, Aztecs, and Incan civilizations. Thanks be, heal and transmute to love and light.

Love and light beings between me and Tarot, crystal balls and any divination tools or tools of power. Thanks be, Heal and transmute to love and light

Love and light beings, between me and Power tools, tools of your trade. Thanks be, Heal and transmute to love and light

Love and light beings cut any cords with Familiars, animal spirit guides, animal totems. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Clothes, adornments and jewellery. Thanks be, Heal and transmute to love and light

Love and light beings between me and Gold, precious metals, minerals, gems and money. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Archangels, guardian angels and angels. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Martyrdom, sainthood. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Ridicule, humiliation, lies, putdowns, slander and bitching. Thanks be, Heal and transmute to love and light.

Love and light beings with God the father, the son and the Holy Ghost. Thanks be heal and transmute to love and light.

Love and light beings cut between me and Dark arts, monsters, demons, the devil. Thanks be, heal and transmute to light and love.

Love and light beings with Dreams, sleep and astral travel. Thanks be, Heal and transmute to love and light.

Love and light beings with Laughter, humour, seriousness and sombreness. Thanks be, Heal and transmute to light and love

Love and light beings between me and Entertainment, holidays, festivals and celebrations. Thanks be, heal and transmute to light and love.

Love and light beings between me and Vulgarity, stupidity, ignorance, rudeness. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Disability of any kind and any prejudice towards. Thanks be, heal and transmute to love and light.

Love and light beings, between me and Marriage, funerals, baptisms, initiations, award ceremonies. Thanks be, Heal and transmute to love and light

Love and light beings, between me and Communication, the 5 senses, speaking, singing, sight. Thanks be, Heal and transmute to love of light.

Love and light beings cut between me and Beautiful, relaxing images, ugly, scary images. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Morality. Thanks be, heal and transmute to love and light.

Love and light beings, between me and Punishment, retribution, judgement by God. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Reward from God, heaven and hell and purgatory. Thanks be, heal and transmute to love and light.

Love and light beings between me and Homelessness, fear of homelessness, home and security. Thanks be, Heal and transmute to love and light

Love and light beings between me and Starvation, overeating, diets, food trips, fasts, putting on weight. Thanks be, heal and transmute to love and light.

Love and light beings between me and Infertility, not being able to have kids, miscarriages, and stillbirths. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Death of children, children with disabilities, serious diseases and health problems. Thanks be, heal and transmute to love and light.

Love and light beings between me and Food of any type and quality, food poisoning. Thanks be, heal and transmute to love and light.

Love and light beings between me and Security, insecurity, safety and protection. Thanks be Heal and transmute to love and light.

Love and light beings between me and Courage and cowardice. Thanks be, heal and transmute to love and light.

Love and light beings between me and Decision making and indecisiveness. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Celibacy, frustration with enforced celibacy, masturbation and vows of celibacy. Thanks be, heal and transmute to love and light.

Love and light beings between me and Lack and abundance. Thanks be, heal and transmute to love and light.

Love and light beings between me and Poverty and riches. Thanks be, heal and transmute to love and light.

Love and light beings cut for any Selfishness and generosity. Thanks be, heal and transmute to love and light.

Love and light beings cut between me and Madness, insanity, sanity and normality. Thanks be, heal and transmute to love and light

Love and light beings, between me and Royalty, nobility and the ruling classes. Thanks be, heal and transmute to love and light.

Love and light beings between me and the masses, the people, the poor. Thanks be, heal and transmute to love and light.

Love and light beings between me and the middle classes, intellectuals. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Birth, life and death. Thanks be, heal and transmute to love and light.

Love and light beings, between me and Existence. Thanks be, Heal and transmute to love and light

Love and light beings, between me and Sex and foreplay. Thanks be, Heal and transmute to love of light.

Love and light beings cut between me and Bestiality, necrophilia, paedophilia and any type of sexual perversion. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Decay, death and pain. Thanks be, heal and transmute to love and light.

Love and light beings, between me and Ugliness and beauty. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Tidiness, untidiness, order, disorder, chaos, rules and anarchy. Thanks be, heal and transmute to love and light.

Love and light beings between me and Wisdom and stupidity. Thanks be, Heal and transmute to love and light

Love and light beings between me and Disablement and dismemberment. Thanks be, heal and transmute to love and light.

Love and light beings between me and Execution and awaiting execution, last meal etc. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Disease, pain, incapacity, feeling helpless and dependent. Thanks be, heal and transmute to love and light.

Love and light beings between me and Drowning, burning, hanging, beheading and burying alive. Thanks be, heal and transmute to love and light.

Love and light beings between me and Weapons particularly swords, guns and bombs. Thanks be Heal and transmute to love and light.

Love and light beings between me and Boredom and overwork. Thanks be, heal and transmute to love and light.

Love and light beings between me and Business, corporations and authority. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Law all types of law, systems of control. Thanks be, heal and transmute to love and light.

Love and light beings between me and Government, emergency services, police and the army. Thanks be, heal and transmute to love and light.

Love and light beings between me and Prisons, hospitals, banks and cemeteries. Thanks be, heal and transmute to love and light.

Love and light beings cut with all other buildings, constructions and institutions. Thanks be, heal and transmute to love and light.

Love and light beings cut between me and Madness, insanity, sanity and normality. Thanks be, heal and transmute to love and light

Love and light beings, between me and Travel, all types, flying, boating, trains, cars, horses, horse and carriage, on foot. Thanks be, heal and transmute to love and light.

Love and light beings between me and Creation, Adam and Eve story, evolution, Darwin's and big bang and all theories. Thanks be, heal and transmute to love and light.

Love and light beings between me and Political leaders and political parties across the lifetimes. Thanks be, Heal and transmute to love and light

Love and light beings between me and ET's, Planets, stars, moon, sun, our solar system, space travel and universe. Thanks be, heal and transmute to love and light.

Love and light beings between me and Forests, mountains, plains, flora and fauna and minerals. Thanks be, Heal and transmute to love and light.

Love and Light beings between me and Mythical creatures, Greek Gods and Goddesses, Norse mythology. Thanks be, heal and transmute to love and light.

Love and light beings between me and Smoking, cigarettes, Marijuana, opium anything that can be smoked. Thanks be, heal and transmute to love and light.

Love and light beings between me and Alcohol, alcoholism, withdrawal from alcohol. Thanks be, Heal and transmute to love and light.

Love and light beings for me and Recreational drugs of any type and prescription drugs. Thanks be, Heal and transmute to love and light.

Love and light beings between me and any substance that alters mind or body state across the lifetimes. Thanks be, heal and transmute to love and light.

Love and light beings between me and Opinions, expectation and image of oneself and others, point of view, beliefs. Thanks be, heal and transmute to love and light

Love and light beings between me and Superiority and inferiority. Thanks be, heal and transmute to love and light.

Love and light beings between me and Confidence and feelings of inadequacy, or incompetence. Thanks be, Heal and transmute to love and light

Love and light beings between me and Praise and being told off. Thanks be, heal and transmute to love and light.

Love and light beings with any Pride and humility. Thanks be, heal and transmute to love and light.

Love and light beings with Suicide and guilt about and the grieving process for anyone committing suicide. Thanks be, heal and transmute to love and light.

Love and light beings between me and Murder. Thanks be, heal and transmute to love and light.

Love and light beings between me and Accidents and synchronicities. Thanks be, heal and transmute to love and light

Love and light beings with Wizards, witches, warlocks and wise women. Thanks be, heal and transmute to love and light.

Love and light beings with Pilgrimages and sacred journeys. Thanks be, heal and transmute to love and light.

Love and light beings with Magic and miracles. Thanks be, heal and transmute to love and light.

Love and light beings between me and Resentment and revenge. Thanks be, heal and transmute to love and light.

Love and light beings between me and Fathers through the lifetimes and fatherhood. Thanks be, heal and transmute to love and light.

Love and light beings between me and Mothers through the lifetimes and motherhood. Thanks be, heal and transmute to love and light.

Love and light beings between me and Siblings through the lifetimes. Thanks be, heal and transmute to love and light.

Love and light beings between me and Spouses through the lifetimes. Thanks be, heal and transmute to love and light.

Love and light beings between me and Lovers through the lifetimes. Thanks be, heal and transmute to love and light.

Love and light beings between me and Grandparents and being Grandparents through the lifetimes. Thanks be, Heal and transmute to love and light.

Love and light beings between me and all other family members through the lifetimes. Thanks be, Heal and transmute to love and light

Love and light beings between me and Guilt associated with abortion, miscarriage, and death of children. Thanks be, heal and transmute to love and light.

Love and light beings between me and Change, idea of change. Thanks be, Heal and transmute to love and light.

Love and Light beings between me and Enchantments and curses. Thanks be, heal and transmute to love and light.

Love and light beings between me and Psychic gifts, abilities and third eye. Thanks be, heal and transmute to love and light.

Love and light beings between me and Gambling, lottery, races and betting on fighting or anything else. Thanks be, Heal and transmute to love and light.

Love and light beings for me and Truth, gift giving, honesty and integrity. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Lies, stealing, greed and dishonesty. Thanks be, heal and transmute to love and light.

Love and light beings between me and Exploitation and slavery. Thanks be, heal and transmute to love and light

Love and light beings between me and Economy, economics and Belief in scarcity in all its forms. Thanks be, heal and transmute to love and light.

Love and light beings between me and Philosophies and debates. Thanks be, Heal and transmute to love and light

Love and light beings between me and Prostitution, rape and abuse of any type. Thanks be, heal and transmute to love and light.

Love and light beings with Lust, pornography and degradation. Thanks be, heal and transmute to love and light.

Love and light beings with Suicide and Homosexuality and the prejudices of yourself and others. Thanks be, heal and transmute to love and light.

Love and light beings between me and Oppression and liberation. Thanks be, heal and transmute to love and light.

Love and light beings between me and Being an introvert or extrovert, exhibitionism and modesty. Thanks be, heal and transmute to love and light

Love and light beings with Idea of saving family, friends, world and universe. Thanks be, heal and transmute to love and light.

Love and light beings with Achievements, mistakes, trust and control. Thanks be, heal and transmute to love and light.

Love and light beings with Money, financial support and fear of lack of. Thanks be, heal and transmute to love and light.

Love and light beings between me and Study and learning. Thanks be, heal and transmute to love and light.

Love and light beings between me and Poetry, songs, books, arts, media, plays, live entertainment, music. Thanks be, heal and transmute to love and light.

Love and light beings between me and Enlightenment and illusion that enlightenment is earned or worked for. Thanks be, heal and transmute to love and light.

Love and light beings between me and Channelling, guidance and listening. Thanks be, heal and transmute to love and light.

Love and light beings between me and Technology and science. Thanks be, heal and transmute to love and light.

Love and light beings between me and Sewing, textiles of any kind, woodwork, handicrafts of any kind, personal creation. Thanks be, heal and transmute to love and light.

Love and light beings between me and Time, time urgency, feeling there is not enough time, feeling pressured and stressed. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Crying and laughing. Thanks be, Heal and transmute to love and light

Love and light beings between me and Patience, impatience, frustration, pleasure, excitement, obsessions. Thanks be, heal and transmute to love and light.

Love and light beings between me and Peace, happiness, joy. Thanks be, Heal and transmute to love and light.

Love and Light beings between me and Possessions. Thanks be, heal and transmute to love and light.

Love and light beings between me and Listening, not listening, deafness, fear of not being heard. Thanks be, heal and transmute to love and light.

Love and light beings between me and Monastic orders. Thanks be, Heal and transmute to love and light.

Love and light beings for me and Law, logic and intuition. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Cord cutting and any methods of enlightenment. Thanks be, heal and transmute to love and light.

Love and light beings between me and Authority and institutions. Thanks be, heal and transmute to love and light

Love and light beings between me and Travel and freedom. Thanks be, heal and transmute to love and light.

Love and light beings between me and Writing, being an author, books and authors, publishing. Thanks be, Heal and transmute to love and light

Love and light beings between me and Vegetarianism and any kind of food regimes and diets. Thanks be, heal and transmute to love and light.

Love and light beings with any inappropriate timing and saying the wrong thing. Thanks be, heal and transmute to love and light.

Love and light beings with Suicide and Nuclear bombs and radiation and radioactive waste. Thanks be, heal and transmute to love and light.

Love and light beings between me and all environmental issues and the balance of nature. Thanks be, heal and transmute to love and light.

Love and light beings between me and Overwork and laziness. Thanks be, heal and transmute to love and light

Love and light beings with Twin flame, Soul mates. Thanks be, heal and transmute to love and light.

Love and light beings with Jealousy. Thanks be, heal and transmute to love and light.

Love and light beings with Spiders, ants, mossies, scorpions and all insects. Thanks be, heal and transmute to love and light.

Love and light beings between me and Dreamtime, aboriginality, the land, mother earth. Thanks be, heal and transmute to love and light.

Love and light beings between me and Ego. Thanks be, heal and transmute to love and light.

Love and light beings between me and my physical body. Thanks be, heal and transmute to love and light.

Love and light beings between me and Dualities, eg. Yin and yang, black and white, right and wrong. Thanks be, heal and transmute to love and light.

Love and light beings between me and Will of self, will of God and disparity between. Thanks be, heal and transmute to love and light.

Love and light beings between me and organised religion and hypocrisy. Thanks be, heal and transmute to love and light.

Love and light beings between me and Idea of sin and purity and of forgiveness and reward. Thanks be, Heal and transmute to love and light.

Love and light beings between me and Separation by death of all beings around you and survivor guilt. Thanks be, Heal and transmute to love and light

Love and light beings between me and the toxicity of fear. Thanks be, heal and transmute to love and light.

Love and light beings between me and Annihilation and annihilation of self. Thanks be, Heal and transmute to love and light.

Love and Light beings between me and Divorce, custody battles, litigation of any kind. Thanks be, heal and transmute to love and light.

Love and light beings between me and Ethnic fractions, rivalries between the races, clans, families. Thanks be, heal and transmute to love and light.

TESTIMONIALS

There are a lot of healers out there, and a lot of healing methods, but the Abundance of Light healing with Cord Cutting has for me been the best experience of all. It works, immediately, really. I have had many letters and emails from satisfied friends and clients and I have decided to print a selection of those that gave me permission to make theirs public here.

“My mother, 80 years old, started cutting cords some months ago and is more ”alive” now than she has been for many years. It’s a joy talking to her.

“When I first learned about it I was totally new to all spirituality, and my body was hurting with Fibro myalgia. Getting to know Alyssa, having healing sessions with her and starting to use the macro cards daily has reduced my pain, opened my heart and cleared my mind.

“Cords of Love can never be cut, so the best thing has been to cut the negative cords between me each of my loved ones. The love came blowing in and we started to be more open and loving towards each other, and the relationship between me and my siblings have become much better. An amazing experience.

“My deepest thanks to Alyssa and all the Angels that led me to her. With love Reidunn.”

Well I for one have had major turn around in my life ever since finding you and it came at just the right time in my life. Being guided to your board and meeting you was one of the most important and best things that has happened to me in my life so far. Your healings with me in beginning helped me clear so much in my life that was needed and the tools you taught me to use has and does continue to help me each and every day.

In beginning I was almost afraid of it but then realized was nothing to be afraid of and how fear is just an illusion we create and the clearings I got from it all was so worth it , so much baggage to release was needed for me to move on and become my true self. After taking your classes with you each week things really began to shift for me and still continue to each day and is so simple to be able to do. I now realize my purpose in this life and why I am here and what I am to do and must admit it feels wonderful. I have opened up so much to so many things and have learned as well to trust me again and I really like that.

I still remember the day I talked with you and the chanting and cutting you did for me that one day, I can still hear your lovely voice run through me as it did that day and was the most calming experience I had ever felt. A sense of peace went right through me at a time I really needed to feel it was amazing and it lasted forever it seems. I know each and every time you do a healing with me I get amazing results from it and just keeps getting better each time. I would tell anyone who wants something special to work with in their life that this method you have come up with is truly the best place to start and they will not be disappointed all it takes is a little effort and what you will receive from it will and does last you a lifetime!!

Huggers and loads of love to you always Mols

I love Alyssa's classes, it's like coming home, it's a super friendly, super safe environment to heal. Alyssa is highly intuitive, judgement is out the door; not a part of her classes at all. Spill your guts, heal heal heal. She's so fast in what she does, I come into class and feel so good when I leave. It's like a tonic for the day. Well, it's more than a tonic, it's addictive. One area that she's really helped me work on is my frequent headaches. For the first two months after a few classes, I didn't have one. Then when they started creeping in because I was burning the candle at both ends, she nipped it in the bud. I now follow Alyssa's healing technique for myself. She is about empowerment, not about doing it all for you.

Love Kate

I was feeling sadness over a relationship that had been put on hold by the man involved. I felt deeply upset and worried (worrying is my tendency unfortunately) and rang Alyssa. After a few chants, I felt peace stealing into my heart... literally. It washed over me and I felt better than I had since the whole scenario started a couple of months earlier. This was directly due to the healing and I am very grateful that the Healing Phone Line was available to me that night. Thanks Alyssa, the healing has really helped! :-)"

Leesa
Lyttelton, New Zealand.

Alyssa is one of the most talented and wisest healer/teachers that I know. I have learned so much from her. Her style is succinct and poignant. She goes straight to the heart of the matter which brings on instant transformation and transmutation. She is very keen on bringing you through the threshold and guiding you every step of the way. Her guidance and knowing are a true testament to her healing and her passion for teaching others. She goes above and beyond what you expect and it is effortless. Her candour and forthrightness gives her the ability to nudge you out of the nest when she knows you are ready often times even before you know.

Alyssa is a fabulous healer and an even greater teacher and I'm so grateful to know her and to have learned so much from her (and I still do)!

S.M. - Los Angeles, CA

I also love Alyssa's classes. I met her before that in last year where the biggest thing was that she helped me get through with my sleeping pills issue

Classes changed me so much, specially after bringing back my fractal, my part I disconnect from myself when I was 12. This was one of the biggest breakthroughs and it took me a lot of cutting and healing to come so far and now I feel much more free and more "together", so if nothing else this is one of big things I will always be grateful. Now I learn to find my own voice and way and really cord cutting changed my life and I bet it will do so in the future. Thank you, you really are one of best teachers that came into my life.

Lots of love, Bo (Lyra)

Completing Alyssa's Abundance Of Light technique Class has enabled me to recognise my blocks and barriers. It has allowed me to see how a tapestry of low self esteem, negativity, old wounds and fear had run through all areas in my life that emanated from a past life incident.

The Abundance of light technique is a dynamic system that has given me the tools to cut through & heal mental, physical, spiritual and emotional blocks, in a relatively short space of time, with immediate results. I have used this system to heal myself and have Incorporated it in the Reiki & Spiritual healing I do for others.

Thanks Alyssa x
Ibi 26th May 2006

I wholeheartedly support Alyssa Mary Rose and the Abundance of Light healing technique. There are so many different healing modalities out there, so many choices when it comes to spiritual growth and development.

I, for one choose to experience only those experiences that resonate with who and what I am in the present moment that open up my heart, and encourage full life.

I have been a healer on a spiritual path for the last 26 years, I am honoured to share my gifts and my talents with like minded souls who speak truth in a world filled with illusion. That encourage mindful living, and respect for all living things.

I had apprenticed with a Master in Holistic Health and Healing for over 10 years. She was a Master Teacher of the highest order but it was not until I understood this technique and could make it my own that I truly began to feel whole i.e. (holy) on a consistent basis.

I have searched all my life for kindred souls who could love and validate me for who and what I am, who would wholeheartedly support my desire to evolve and come into my own power. Alyssa is a Master Teacher of great worth and substance, and I am privileged to have had the opportunity to share my gifts and talents in this sacred space.

You truly are a blessing and a joy to behold. I have learned so much about loving the nascent divinity which swells within me. I am as God is, that is not simply idle boasting, but the greater truth of the matter. I have been profoundly touched by the great effort you have placed in helping all come to embrace the truth that we are sparks of source made manifest in flesh. That we truly do indeed create our reality.

I have worked really hard to come unto my own power, but that being said I am more grateful than you will ever know for encouragement on the journey, and for truth sayers who speak from the heart; but do so with much courage and the wisdom of the sages. I have gotten so much more out of this course than monies can buy, and have been gifted in the process. Love to you my sister, namaste, Jo Divine

Alyssa first introduced me to cord cutting and past lives a couple of years ago now. It was all new to me, and yet another very important part of my healing journey. There was a lot that needed to be healed and cut from past lives that were causing current day problems in my life. I have worked on cord cutting a lot since then, privately with her and also through her classes and on my own, and it has changed my life. I have released a lot and healed a lot.

Working in a group doing cord cutting with everyone is a very powerful process. Alyssa is quick, to the point, and doesn't stop until you feel better or the pain is gone, all within a matter of minutes. It's all about releasing and healing so you can live in the "now" with only love. Now when an issue comes up, one of the first things I think of and do is cord cutting.

I would recommend her classes to anyone on any kind of healing journey
Suzanne

I connected with Alyssa for personal healing by phone from here in New Zealand about a year ago and found her to be an amazing healer. My energy just soared and all sorts of things started to happen for me both spiritually, professionally and personally when she cut cords for me.

Clients in my private practice doubled in numbers and my prosperity levels shot through the roof, so much so that I was able to take my husband back home to Scotland to see his family plus take a trip to Greece and Santorini.

She has been an excellent teacher and provided me with many skills I have been able to pass on to my clients who in turn have passed the information on to others in their countries of origin.

I work with many different ethnic groups and have been able to facilitate the translation of her information to be forwarded on. Her work is now networking and reaching through out the world.

I feel honoured to have her as my friend and colleague.

<http://abundanceoflight.com>

Lorraine Anderson
Auckland, New Zealand.

Alyssa's classes on cord cutting helped me to understand that I and we don't have to live through anymore karmic build up. It's ok to let it go as well as the illusion of 'needing' to keep karmic patterns throughout our lives. The experience has been liberating!

Many Thanks! Paula Willmon

Alyssa Mary Rose's Abundance of Light Technique was a God send to me. This is the first course I'd ever taken and, actually, was my first step on my spiritual journey. Alyssa has a way of getting to the point of the matter, while remaining compassionate and approachable. I particularly benefited from taking her course as I learned to let out the real me for healing and the group wouldn't let me hide from myself. If you want to be a healer you first have to be healed and this is what Alyssa's course very masterfully teaches. I would come away from a session feeling cleansed and whole. My spiritual gifts have boomed and grown as a result and so has my confidence. It's like a gateway has been opened for me and I thank Alyssa for lovingly leading me down the path.

Brenda Roquet

CONTACT DETAILS

Alyssa Mary Rose can be contacted at the email address Alyssa@alyssamaryrose.com
Her website address is either <http://alyssamaryrose.com/> or
<http://abundanceoflight.com/>