

Alyssa Mary Rose author of The Abundance of Light technique



Introduction

Hi Dear reader, this is coming to you from a very happy woman in 2020, actually the COVID lock down in Melbourne has inspired the rewriting of this book. I no longer do any public healing or indeed have a website of my own. My dear friend Erika L Soul now hosts all my macro cards and books and youtube videos and more importantly she can offer you very powerful cord cutting sessions to put you on the right track in your cord cutting journey. For all Abundance of Light resources go to www.rainbowhealings.com/cord-cutting

First offering in this book will be my life story, not because you can follow exactly what I did in my life, to get from hot mess to completely peaceful and fulfilled, but because it can serve as a graphic inspiration for you wherever you are in your sacred journey.

I will then lay out the history of how I channeled the Abundance of Light technique, which is the tool that has taken me from hot mess, to a being of peace, or let me say from the conscious realisation that I was a hot mess, to that which I really am. Bear in mind that the technique has been massively refined over time. A cord cutting that in the beginning would take me 8 hours to complete can now be done instantly. That is because as water cuts through rock, in the beginning so much water has to flow constantly to cut the channel. In time that water cuts a mighty channel and so much water now flows through

the Abundance channel that you have almost limitless power at your disposal. You might find that there are lots of full versions of macros missing, however this is only an illusion, they are not missing they were written in the ether and as soon as they are conceived, as in their purpose and their name, they are then a fully functioning macro. More will be explained as we go, but it is just not necessary to know or ever say aloud all the cords that are activated by the title of a macro.

At the end of the book I will put the best Macro cards, which you can basically use as a card deck by making yourself a deck of cards with numbers on and then when you have pulled a card you just read the corresponding macro in the book. Alternatively, if you want quicker access you can pop along to Erika's website and pull a card on the computer, however they are the very early versions and they are not quite as clear in their meaning (or even the same) as the offerings in the book.

People have been amazed over the years that I have done all of my healing and teaching free of charge. I used to believe that you had to make a choice in the way you took your reward. In other words, I thought that you limited the amount of healing you took for yourself if you asked payment for your time. This is not true, all healers and teachers are constantly being healed by their own efforts no matter who those efforts are directed to. I have only just discovered the real reason I do everything for free. As you do, so you get. The most important thing to me is freedom! The only true way to remain free is to keep your work, your joy, your life, priceless. Priceless being that which is without price because its worth is beyond such mediocre restraints as a human price tag. There will be much more information and truth about the spiritual life to come from me, as I come to see it, I will pass the information on, in a medium that cannot be contained, freely available on the internet. That is freedom and joy to me, to be able to freely pass on all my healing, all my love to all other sentient beings. Enlightenment, or the process of being made light (both in the sense of weight and in the sense of the light you perceive with your eyes) is also just another word for freedom.

I was asked yesterday what is meant by enlightenment and why do I want it so much. What enlightenment means to me is the cutting of all cords, all illusions. Any negativity, even really subtle ones, is an illusion, therefore it is a cord. The only thing that is real is LOVE, once all the cords are cut, all that is left is love. This means when enlightened I can stand before you and all that is left is the shell, I meanwhile reflect back to you all that is true about you, so I will then just be the mirror that reflects back to you the true state of your soul, which is only LOVE.

Life Story

I am using no names or places in this account to prevent any embarrassment to those involved in my life.

I came into this world in the sixties in a small town fairly near London, to a Church of England vicar and his wife. I was their first child, while residing in their first church parish. I have dim memories of this first house, as I was being bathed as a baby. My parents used to drive me around in their little blue Austin to keep me warm, as petrol was cheaper than gas or wood to keep the house warm. We moved in time to welcome my sisters into the new house in another small town in the Midlands. My sisters were three and four years younger than me. My mother suffered with severe depression. I took on the role of child carer to my sisters.

From a very young age I questioned why I was here and had a deep faith in a loving being, call that God or what you like but I didn't feel like I was on my own, which considering my circumstances was just as well. At eight or nine years old I became a Sunday school teacher after being confirmed into the Christian faith early. I ran a prayer meeting for my friends and basically was right into evangelism (must have been pretty annoying really.) My parents were charismatic Christians, meaning that they sang choruses, played guitars, did laying on of hands healing services, and even exorcisms if it was required (not popular in the Church of England you are considered a bit way out if you conduct exorcisms although it is sanctioned by the church).

Our Vicarage was always filled with people seeking my father's help, all of us became very adept at helping those in need. We ourselves were as poor as proverbial church mice, raised on free school dinners and hand me down jumble clothes; however, we held a privileged place in society being a well-respected Vicar's children.

My fourth sister came along when I was 13-years-old and I, having had enough of assisting my other two sisters, refused to have anything to do with her care. My main responsibility was for the two nanny goats we kept in the garage. I would have to milk them before going to school and often at night also. We lived in a major city and they were pegged out in the churchyard to keep the weeds down. I used to take the kids out for walks on a lead, although humans took a while to realise they were goats not dogs, the dogs knew instantly. (There is a picture below which somebody just took outside his house and a year later brought me a copy, seeing as everybody knew I came from the Vicarage.) However I used to take them out because I loved strangers coming

up to me and talking about them, I was quite an extroverted child and loved meeting new people.



My parents were paying off a cottage in the country as they didn't own the vicarage so I often worked on farms at the weekends. I have fond memories of showing prize Hereford bulls at the shows. That was quite a show stopper, having a tiny little girl leading round these huge bulls. Mind you there were some scary moments when one bull turned a bit mad and nearly impaled the stockman I worked with. I am glad that I had an opportunity to know the countryside and work outside because I really think I needed the grounding and the connection with mother earth.

By the age of 13, I was seriously searching for enlightenment. I kept that search within Christianity until I was 15 years old, after this I refused to go to church any more. I began to look around at all the other churches and faiths and went to a lot of different services. The most fun was a gospel choir church where everyone was very friendly, but I didn't really feel I fitted in there either, which was a shame.

I read voraciously and wanted to find a way out of the suffering of this life. Like most teenagers, I thought a lot about suicide but my belief in the afterlife was so strong I knew I would just get sent straight back again at worse, and at best it would not solve the problem that I was running away from by ending my life. I knew I was here to find a better way than death to end suffering. I used to lie in bed at night studying my sensations. I felt that I had done this before in another life, as monk or nun and that I had found relief through the study of these sensations. When I finally found Vipassana Meditation through my first

husband this made sense as Vipassana is all about the study of the body sensations and that relates to the thoughts in the mind.

As a teenager I was seriously searching and seriously rebelling against all traditional views, my parents, and society. At seventeen I found magic mushrooms; however the main reason for taking them was not sensual pleasure or escape but one of curiosity and experimentation. I had read much about experiments with LSD in the 60s by Leary and Huxley. One time I had a very religious trip. The green hill of Calvary popped up (the hill Christ was crucified on), then Christ arose on the cross and choirs of angels were singing to me. I was out on a limb eight hours longer than anyone else and was seriously worried I would get stuck there and be committed. Instead of this being beatific, it was horrific because I knew this was a bad way to come to this experience. When you experience things of a higher vibration when you are not clear, or ready, or have done the required work, it actually hurts your aura. However my mind has always been strong and I continued to experiment in this way until I reached the point where I realised there is no quick fix, no shortcut to Love and freedom, and that the pendulum swings too violently with drugs. To experience bliss you must have a very balanced, healthy mind and body.

I worked a Saturday job from the time I was seventeen until I finished 'A levels' at eighteen so that I could earn enough money to work abroad on a kibbutz in Israel. I figured this was a way I could travel and support myself at the same time. When I finished school I wanted to be as far away from home as possible, and being in another country was just an added extra bonus. Nowhere was too far away, and I am sure my parents were petrified for me but at that time travelling was a much healthier choice than going to the slums and drug taking.



I set off on my own on a "magic bus" trip across Europe to Athens. Mind you there was nothing magic about this bus. It only made three stops a day for the toilet, the toilet on the bus being broken. It took on a man with a knife in Milan who got chucked out, and frequently left the road as the drivers were out of their minds on uppers to keep them going. Anyway, I finally made it to Athens, my city of disasters. I hooked up with a lovely guy from New Zealand and another English girl and we all took a room together. The English girl left the next day and by mistake took my wallet with all my travellers' cheques in it. She found out too late to return it, and by that time I had to get replacements for all the cheques. The New Zealand guy was amazing; he helped me for three days before I left on the three-day boat trip to Haifa. I was "deck class" but had a ball as I got invited into the first class area to use their pool. We stopped at all the Greek islands, and I really enjoyed the trip apart from the hangovers on the boat, but hey, we all have to learn limits.



When I arrived in Haifa, it was a bit of a culture shock with soldiers everywhere! I made my way to Kefar Blum which is in the North of Israel. It was an incredibly pretty area although the bomb shelters were always there, reminding you of the harsh reality of life. It was a large kibbutz with about forty international volunteers. I worked on my own in the orchard kitchen, which suited me, cooking for about thirty or so orchard workers. I remember one day we had an earthquake and all the cups and plates jumped off the shelves! That was a bit frightening as I had no idea what was going on at the time.



I was billeted with a born-again Christian lady. I found living with her a bit heavy going, especially since I was still in my rebellious phase, drinking too much, however she probably saved me from a worse fate as it was a very licentious environment. There were many parties going on down by the Jordan River, that even I would not go to as they were too wild. The worst night was when I drank far too much and collapsed in the toilet. A Dutch guy had to crawl in through a window to let me out. Then I proceeded to walk into a cactus and a fan and cut my toe to pieces. Beware the spirits that come in bottles not the ones that come through your walls! These excesses, however, did teach me my limits very quickly and I know I had good Angels watching out for me because nothing particularly bad happened as a result of these games.

I made a friend of an English lad who asked me to travel with him around Israel and Egypt. We hitchhiked around Israel with no money, and I mean no money, we were starving by the time we got to Lake Galilee. Luckily, we knew a volunteer, who after spending time at Kefar Blum had found a job at the water park. She risked her job to bring us pita breads and tomato sauce which lasted us for three days travel.

Another time we were given a lift into Jerusalem from a man who had just lost his wife. He went thirty miles out of his way just because we listened to him. He sent us off with enough money to buy a really good feed and a bus ride into Egypt. The best encounter, though, was at one of the beaches in Egypt where a man from Alexandria was having a party. He wanted to film himself and his mates having a wonderful time with all the Europeans there. He invited them all to a beach disco. He had a generator, food and drink galore. Oh what a feast! We hadn't eaten for three days, and we were nearly sick when we ate that much in one sitting. That was some party.



Later on I visited the Holocaust Museum. That was certainly not very enjoyable; I almost threw up there, too. One of the exhibits was a lampshade made of human skin.



I basically visited the whole of the holy land as a beggar, an authentic way to see Christ's homeland I feel.

After three-and-a-half months of travel, I made my way back to England. I moved in with my first real boyfriend, a young Indian man, whose family taught me to make the most wonderful hot curries and chapattis. I lived in the poorest area of England's second biggest city, Birmingham. I was there during the Handsworth riots and found myself face to face with riot police. Luckily, angels guided me along back streets out of harm's way, but it was a really frightening display of mob behaviour. That life on social security where I was living day-

today, often without food or electricity (electricity was metered and we often ran out of money for it), living it up on dole day partying wildly, and dying of boredom the rest of the time, was not my idea of fun. It took me about two years to totally rid myself of a nasty addiction to victim hood and squalor.



This is actually one of the dives I used to live in.

During this time I took a very cheap flight to Morocco for a month, this was another test of faith in the goodness of the Universe. Having very little money, I teamed up with another very poor lady from England. We travelled to the South of Morocco and were fortunately cared for by a family of Moroccans on the beach. They likely prevented a rape as two women alone are easy targets and we were being hassled by a very dubious character, known to the Moroccan family as trouble. They took us up to their mountain home and gave us food and shelter. The fact that I was a beggar in their country let me experience firsthand the generosity of these humble, generous people. Despite having very little, they shared whatever they did have with someone who was not even a Muslim and by their standards did not have a very high social standing at all. I walked around their country with bare feet because for three years I refused to wear shoes. They called me an "English Burba", mind you the cactus prickles finally made me get a pair of sandals for the remainder of the trip.



Those are not shoes but terribly dirty feet.

My friend was nearly taken away by police on the way back, her passport having been stolen and rather than get the child who stole it into trouble, she took the risk and travelled without papers which was illegal in Morocco. Luckily for her, the man who sat next to her on the bus bribed the police to let her stay on, and it was a miracle that he did for without that she would have been flung in jail with little way out. Not so luckily, however she had to put up with his amorous attention all the way to Casablanca.

To cap a wonderful trip back up the country, in Casablanca I stepped out of the bus over a dying man who actually breathed his last while I was there. I started to realise how lucky I was to have been born in England and have the freedom to travel even though at this point I was bottom of the pile in England.

I returned to England at Christmas time and was hit with extreme culture shock. I returned from a poor Muslim country to be hit with full on commercialism in London. The cold climate knocked me for six and I spent that Christmas with severe flu. I was given a council flat and it was the most depressing hole on earth, well my little bit of earth at the time. I painted a picture of Buddha that was visible in my window. The local kids smashed my

windows because of it and trashed my flat with mud. I knew I had to get out of there fast.

I took a job picking fruit in Sussex, camping on the job. Here I met my first husband to be. He was over in England on a working holiday from Australia. He was eleven years my senior and had just come from a three month trip around India and a severe case of dysentery. He and his stories fascinated me. I sat for long evenings with him after apple-picking and listened to him playing the didgeridoo and talking of his Vipassana meditation retreats. It amazed me that anyone could sit for ten days, from four in the morning until nine at night, just contemplating their sensations and not talk to anyone.

We decided to hook up and travel to Europe to find fruit-picking work. We spent a very unsuccessful two weeks traipsing around France trying in all the wrong places to find grape picking work. Eventually we gave up and took a bus to Greece. On the bus we met a man who often worked in the greenhouses in Crete. This is where we headed, to the little village of Mirtos. I learned how to read and speak Greek from a little book as nobody there spoke English. I basically supported my husband-to-be, while we were there because it was very hard for men to get work there. The main reason for this was, because when the Greek men worked in the greenhouses, all they wanted to do was chase around the young European women, many of whom I was told, would find bedding the Greek men easier than the greenhouse work (read massive gender discrimination and abuse into this line).

I spent a lot of time literally running from tomato plant to tomato plant. This was not a very pleasant experience and put me off learning the Greek language to any greater depth. The women we met were lovely but unless you were widowed or under eight years old in that society, you were not allowed to socialise. I came to realise that I had it really good being born into a Western society and that women in other countries had little or no choice in how they lived their lives.



Me taking a rest on a long walk in Crete

I decided to ask my parents to lend me the money to go to Australia with my husband-to-be. He had to return to Australia a month before me as his ticket was about to run out, and I still had to wait for my Visa. I ended up doing the two things a close friend in Mirtos told me not to do, I ended up going to the wrong bank for my money and I ended up being raped. Now, no one asks to be raped, however, even after being warned, I put myself in a compromising position, and after being locked in a soundproof building it was safer to be passive than fight. Afterwards I couldn't report it. If I had, the police would have deported me and done nothing to the man.

Familiar old story, I once again had no money. I had to borrow money off someone even to leave Mirtos and pay the rent owed, and so I was desperate for the money from my parents to arrive. I kept checking the bank I thought it was to go to and of course, it never arrived at that bank. I went without food for two weeks. The hotel where I was staying was actually a brothel, and the manager was taking me downstairs to meet the girls. In other words I was totally at the lowest I have ever been. I used to sit below the Acropolis every day and pray for hours on end. Eventually I decided to take myself an English-speaking Greek boyfriend just to be able to eat as I had started hallucinating from lack of food. I walked past a particularly ostentatious looking bank with my new temporary boyfriend and said, "What an ugly bank". Then I looked again and realised that it was the bank my money was in. I knew this because I had never walked down the street from the bank I was waiting at, and realised that when I had arranged for the money to be sent, somehow the number and

the name of the bank had got mixed up. I still had to wait two days for it to open as it was the weekend, however I have never felt so happy.

I bought the first ticket out of Greece. Unfortunately, it was the time of the Bicentennial celebrations and when I reached Singapore, I was told that there were no connecting flights for three months! I was once again praying hard. A man came round the airport showing pictures of his flat and said for the princely sum of a dollar I and the young people I had teamed up with, could sleep on his floor. Luckily after three days of haunting the airport I found a seat on a British Airways plane.

When I arrived in Australia I felt that I had come home for the first time in my life. I took the overnight train to Mildura, and my first real view of Australia was the sun rising over the Mallee trees. Quite amazing! Here I was to meet my husband-to-be and pick grapes to pay back my flight to Australia. I was married after six months and our honeymoon was pruning grapes in Mildura.



I had by this time done a Vipassana course and this was the force that drove me and my husband for five years. The work we did was hard and dirty but our meditation revived us and we helped each other become stronger in our meditation.

We travelled throughout Australia, every state except Tasmania in a HJ panel van (the shagging wagon as they were called although in this case it was far more than that, it was our home). We trekked through the desert in this panel van, even across the harsh Tanami desert; quite an experience in a two wheel drive car I can tell you!

We picked and pruned most things and when the work ran out, we moved on. This was an amazing time in my life and I thank God and my first husband, for such an opportunity.



I was however also yearning to have children and this was not in his plans. After settling in Wangaratta for about six months we decided to separate. The break-up was very painful as I still loved him very much and we remain great friends to this day.

After that I did a computer programming course that lasted a year and also became involved in a very dead end relationship with a man eighteen years my senior. There was this whole rescuer, victim, and abuser dynamic going on in the relationship that had to be worked through. He was very sick, and I funnily enough, became attracted to doing nursing at this time. I tried to do a Bachelor of Nursing degree. I lived in a caravan during the week and travelled back to my partner on the weekends. I worked eighty-eight hours a week on my

university work as I really wanted to avoid thinking about the life I had with my abusive partner. I won awards and came away with high distinctions, but as one lecturer said when I decided to leave after eighteen months, "You are brilliant at anything you do, but the real trouble is you still haven't decided what you want to do yet" She was so right. I knew I wanted to be a healer but not in the way the system offers for nurses.

Due to all the stress of overwork, a bad relationship, and unhappy choices, my health reached a critical point. I developed very severe respiratory troubles and started having problems with my heart. It was decision time, get out or die. I walked away, not only from nursing but also the partner, and went back to agricultural work.

At the time I was very into re-enactments and this is where I met my second husband. Historical re-enactments are very popular in Australia. All sorts of periods of history are covered and all of you spend weekends camping out in Tepees, tents and log cabins, dressed in period costumes, eating burnt offerings from cauldrons and open fire grill plates (as long as the rain is not too torrential, then you just eat sandwiches).





My second husband had a farm on the outskirts of Melbourne, so after years in the country, I took that huge leap and gradually became a city girl again. We were very eager to have children and were blessed with three girls.

My journey towards motherhood was a rocky one. I had an ectopic pregnancy many years back. It was actually very dramatic. I was working in the bush 300 Km from Alice Springs and collapsed just on dusk with incredible pain. I knew I was pregnant and I had started bleeding, never a good sign, friends rushed me to the bush nurse. It was just going dark and there were no landing lights on the airstrip, yet the nurse knew if she sent me by road to hospital I would bleed to death. The Royal flying doctors risked their lives flying in with just the lights of a four wheel drive to pick me up and fly me to Alice Springs Hospital.

I was told that although I would be ok, that I had lost the baby, one fallopian tube, and that the other one was useless due to Pelvic inflammatory disease. Quite a blow as I had always wanted children. I always knew in the back of my mind that I would have a miracle later on down the track. I had reconstructive surgery on the remaining tube but still failed to get pregnant for years.

I remarried and finally fell pregnant when I was thirty-three years old. I had my first daughter and two years later I had twins, non-identical, quite a miracle by anyone's standards. It was, however a massive shock at the time to hear that I was pregnant with twins. I was lucky in that I found out very early at five weeks. I was also very lucky in that there were no major medical problems; however, just carrying twins is quite a feat. I couldn't walk after about 24 weeks of pregnancy, as walking would cause me to go into labour. I still wanted to shop, however, and with no home shopping available I would hire an electric

wheelchair and direct my husband around the supermarket. I obviously couldn't drive as I was too huge to get behind the wheel. At 34 weeks my waters broke, much to my delight, because by this time I couldn't sleep, eat, or breathe without difficulty. I ended up having a caesarean birth, the twin girls were in intensive care nursery for only a week. I think the fact that I breast fed certainly helped, not so sure breast feeding did my health any good.

This was just the beginning of a hugely difficult period in my life, the girls and I were constantly ill. we were in and out of hospital like yoyos. When the twins were six months old my husband and I separated. It was finally discovered that we had a mould in our rented house that was killing us all, so I then became homeless. Thankfully this situation lasted only for ten days, after which I found another home and my life was changed for ever by the wonderful healing technique that I was given.

When my twin girls were born, shadow was all I could see. I don't remember much clearly at all, except I know at the time there was a feeling of absolute desperation, (which has since been healed so that feeling is no longer there). Severe sleep deprivation alone makes somebody very depressed, but when you add that to the trials of being very sick yourself, your new born children being very sick, an unstable relationship and all family support in another country, you have a recipe for disaster. All I could think at the time was, "just get through today, just today". Somehow I managed by taking very little steps, this was definitely not the time for long term planning and goal setting, other than to get up and help my children be happy for that day.

During this time I had extreme muscle weakness and some days I could not walk properly. I still had to do the shopping though, so I used to load my double pusher up with all three children and lean on it myself for support. A number of times I collapsed with an irregular heartbeat and was taken to hospital; however, the medical community could not put their finger on what was going on. I was having investigations at the time for a rare muscle weakness disease called myasthenia gravis, as my mother has it. My neurologist put me in hospital for a number of tests. It was during this period of a few months (this was after I escaped the house full of life threatening mould) that I really started calling on God to help me in the form of Angels and Christ. As I talked in my head and often out loud to these beings, I was quite clearly given the choice of, compromise and disability, or a total miracle and the happily ever after scenario.

Now for those of you who have never been in this situation, you might say, "well of course you would choose the miracle". I did, however I had to think about this one for a couple of days. The only way I can explain this reluctance to take complete healing is that you get used to battling constantly and forget

there is anything else in life. You also know that if you do get your total miracle you will have to acknowledge this and change your life accordingly.

Fortunately, or I would not be writing this to you today, I chose the miracle. I returned to my neurologist who was a lovely man and told him that I had been praying and all my symptoms had disappeared. He was very happy and said, "Yes I see some unusual things in my practice and sometimes shocks or faith can turn myasthenia gravis off, in the same way often a shock can turn it on. People have latent possibilities in their bodies and making decisions in your mind has a huge effect on your body".

From this point on, my health steadily improved. My children's' health still needed a lot of work. Both of the twins had severe asthma and allergies, along with a few other medical conditions. All three children basically came down with a new virus each weekend (amazing how children always seem to wait until the weekend when there are no doctors available), and we were still making very regular trips to the Emergency department.

With my newly-expanded spiritual awareness I soon realised there was something wrong in their bedroom. When I stepped in there, a great sense of sadness overwhelmed me, and the plants kept dying in there, a sure sign something was amiss. I had not started using the pendulum at this time to ask questions, so I just spent some time alone sitting in there. I was told there was an old man still there who was very worried about the house and his old earth life. I placed some salt in a little cup in the bathroom and bedroom. (Salt is cleansing and draws on the etheric level as well as the physical. You need to change this salt every day.) I ended up using it for a week.

I asked Arch Angel Michael and the other Angels to come and assist the old man to find his friends in the spirit world and be taken back to the light. I experienced a great sense of lightness as I made this request. The plants actually started to thrive in the bedroom after this. I actually bought two additional small trees in pots, to put in the girls bedroom at night. The idea behind this was that the elemental beings attached to the plants, help clear a sick persons aura. You need to give the plants a breath of fresh air during the day to help heal them.

It was a few weeks later that the angels started to download the "Abundance of Light" technique to me. Of course my children were the first ones to benefit from this technique. I am happy to say my doctor rarely sees us and we no longer know people from the hospital on a first name basis.

If you are suffering, know that it will pass, but do call on the power of love, the creator, to help you, just be willing to listen to the suggestions when they come, for suggestions they are, you still have to implement them into your life.

The Universal Energy of Love never forces you to do anything. It is up to you to choose happiness and joy in your life.

The first way I tried to get this technique out there was by starting an MSN group called, funnily enough, Abundance of Light. Through this group, and by having my phone number freely available, I gave healing to anyone who asked any time of the night or day with absolutely no charge. This healing had a wonderful bi-product, it meant I healed myself of my gross sufferings in a very short space of time. During this time I started a healing group at my home and through this met my third husband who was looking for healing for his teenage daughter.

My close brushes with death actually forced me to give my life to The Universal Energy of Love rather than die. In September 2003 this technique was channelled to me and I realised what a gift I had been given immediately. Here was a tool to be used to speed up the enlightenment process by lifetimes. Hopefully I can share this gift with you to enlighten your life also.

ABUNDANCE OF LIGHT HEALING TECHNIQUE

Before we begin, I need to explain my word for source, creator, love, God, The Universal Energy of Love. I have referred to this power as Light Beings, and often refer to God as she, 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. The amount of healing done 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 any form of God or benevolent power, but you believe in Love, I would address the request to the power of Love. Buddha would never talk of God because he worried that anything he said of God would be misconstrued, so it now appears Buddhism is a religion without a God, but if you look deeper you will see that which one person calls God, another person calls The One. 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 let's 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.**

Much of this technique hinges on the development of trust. Trust is developed over time, when your needs are met and you are heard. When I cut cords, I feel and see instant results. These are not prayers that are sent out into the ether and never heard of again. This is instant healing at a level of strength I had never experienced before.

These cord cutting prayers are different from the prayers you might have said at Church or the Temple or Mosque, they are different in that they are not petition prayers, no pleas to get something more. Maybe this little scenario will illustrate how they are different.

Many of you have children : Scenario one child comes in saying, " Mummy I'm bored and Ben made me cry, give me some lollies then I will be ok. "

Scenario two the other child comes in saying, " Mummy, I feel really sad today and upset, can you make the sadness go away?"

They are two totally different requests for the same thing, happiness or the return to a happy state. The first one is like traditional prayers, please God give me something, the second one is cord cutting. All you are doing with cord cutting is saying to The One, I feel bad please help me remove whatever is making me feel bad, then I know I will feel good. As a mother I know which one I feel more able to help, especially when I am busy doing something else. I am very likely to stop for the second child's request, because they are making themselves open and vulnerable and have enough insight into their condition to realise that it is their own feelings that is preventing them from feeling good, not the lack of the latest toy or the largest lollipop.

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. No harm can be done with this

technique. 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. All you can cut is the illusion of suffering and this will not cause you harm in any way.

If you are sending remote healing to somebody else it depends on whether they are a conscious recipient of healing as to the effects or the power of the healing. 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 going to be effected 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.

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.

Cords are the attachments you develop 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.

The following is the experience of somebody who could see the cords.

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.

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 any being cannot be cut, for those that can see them (as demonstrated above) are Golden. There are cords we call love, which are actually conditional, romantic love with all its pain, and it is desirable that you cut these at the right time, for You.

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. The results when you are bogged down in grief, or guilt, are astounding, you just truly need the intention of letting it go. (Which can be hard, even at the stage in the game that I am at.)

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. The words love love love at the end of a prayer mean the same thing.

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. Grounding can be as simple as just intending to be grounded while drinking a glass of water, heavy duty grounding can be found in the form of hugging a tree, walking barefoot, having a shower or bath or meditating on being a tree and growing roots deep into the soft ground.

When you are beginning this technique, you will have a lot of cords of every different type that will need cutting so I would suggest that you start off your practice by doing the First Time Healing every day until the number of chants you get is no longer significant. Anything over three chants is significant. First of all I better tell you what the chant is and also what your healing meter is.

As I said in the beginning I could not see cords or tell when they were cut but I knew that Arch Angel Michael cut them with a sword, so this is what I did. I mimed cutting the cords with a huge sword and at the same time I said over and over again, "In the name of the father and the son and the Holy Ghost". Why did I say that? Coming from a Christian family that was what worked when my dad prayed. I was cutting for hours a day and my arm got so sore that I couldn't even lift it, so then I downsized to a crystal wand. However I noticed it was really the words that I had now begun to sing that were giving me more indication as to whether the cord was cut or not, I seemed to run out of power in my voice after (in those days after a long time) a certain amount of time. I began to realise that my voice was acting as a measure as to when the cord was cut and how long it took to cut was a measure of how large the cord was. 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. I personally now use Annihilaire which is ancient Greek for fading away into the nothingness from which it came.

Everyone I have taught this to, seems to experience this when the cord is cut, the voice fading out, in other words for one reason or another you feel like stopping the chant or a cough or general feeling of stupidity stops you. It is actually very hard to do this in your head, especially when you are beginning I suggest you practice when you can get a quiet moment to yourself. If you need to do some urgent cutting just use the following variety of prayer which needs no chant and it will still be done.

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

Here is an example of using the chant:

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, (voice fades out) heal and change all energy to love.

Both versions will do exactly the same job but the chanting 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.

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.

Let us come back to the First Time Healing. During the time I practiced healing with this technique, over a two year period I developed a list of cords that regularly needs cutting for most people. I called this list 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. If you want to do this the easy way there are online First Time Healing cards available at Erika L Soul's website. If the same card comes up twice take that as a sign that you have done enough for today. Here is what is on each card.

FIRST TIME HEALING CARDS

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.

Another thing you can add to your daily practice is the 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 will just make sure every part of your etheric body has the cords cleared away from it that are causing it to work below par.

You can now cut some macros for yourself and your family and friends if you have allowance left on your daily healing meter, that is if you haven't had a traumatic day and actually had to cut with a really bad situation during that day, in which case you probably will not have much meter left after doing the First Time Healing and the Chakra prayer.

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.

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 e.g., 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. I found an atlas when I was developing these macros and cut with this prayer and each country or even major cities. As I got to the Himalayas I had a flashback of being a young boy whom slave traders had taken from my family who had been massacred. As we trekked across the mountains rather than go any further or be abused any longer I just threw myself off. It was a very vivid recollection. Play around with this one and you might have some unusual experiences. However make sure you have plenty of healing meter or you will not get the full benefit of each cut with each country. Do all the countries across a couple of weeks and you should get good value. *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.

To use these macros effectively 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, that would actually defeat the point of a macro, which is ultimately to save you time and energy.

The most important and relevant macros were developed first and a list of many more follows below. As discussed earlier, it is not necessary to know exactly what is in each one just the name of the macro to insert in your prayer and the macro titles themselves are self-explanatory.

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.

Cord cutting is only going to become really useful to you if it becomes part of your life, used only in emergencies it is of limited value. Just like exercise if you make a conscious effort to do a bit of cord cutting every day for just six weeks (keeping a journal about its effects is a good idea) you should find that it has become natural to turn to cord cutting. Your relationship with the Divine also builds every time you communicate and so hopefully after six weeks your connection will be so strong, you will never want to let it go again.

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 persons 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 peoples past lives. 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 more than a little 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. 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. 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. The macro cards provided at the end of this book are

an excellent way to make sure you get maximum amount of concentrated healing each day.

I practice something I call scanning which is in fact just feeling somebody's aura over with your hands. 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, he was also a surgeon until he passed over twenty years ago. 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 sometimes works 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 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 (which is now all the time, just like I do not watch programs with violence in as I just don't like them), 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.

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. At this point I am going to insert a list of body parts and typical cords to be found connected to those body parts.

Crown of the head – communication with your guides and God often due to blockage, might be more need to find out the cause of blockage, e.g. guilt.

Headaches – overthinking, negative thoughts, mind chatter causing lack of sleep at night.

Ring in ears – psychic downloads, requires you to tell your guides to turn the chatter off and for you to make a bit of time to meditate/pray each day.

Eyes – not being able to see the wood for the trees, general confusion, something being hidden from you, with not wanting to see the truth.

Neck – strangulation, beheading, bending to somebody else's will, all sorts of abuse.

Throat – not being able to speak your truth, having to remain quiet about something you know you should speak up about. Somebody talking about you in a negative way, gossip.

Shoulders – the burdens you are carrying for others, an unequal load in marriage, pulling energy from your own store and using it for others when you need it for yourself.

Chest and breathing – Can be related to diseases of a time gone by that made it hard to breathe, e.g. TB, can be suppression because asthma often comes up when somebody is not free to be themselves, can be to do with evil, feeling suffocated.

Breasts – to do with the relationship with your mother, or worry about your children and their relationship with you.

Arms and hands – to do with your livelihood, fears of not being able to make a living, the hands particularly to do with vows and promises because of rings on fingers.

Upper back – the burden of manual labour, fears of not being able to support others, with overwork and general stress of everyday living.

Middle back – others stabbing you in the back because they are envious, resentful, revengeful, gossiping and fights in wars in past lives and of course betrayal and being untruthful.

Lower back – most importantly lack of financial, emotional and physical support from those around you.

Heart – emotional hurt, separation, grief, maybe out-dated protection that now needs to be removed to make you open to love.

Liver and kidneys – you are not able to process the toxins in your life, toxic relationships.

Stomach – a catch all for most emotions, anger being a prime one. If you think it is your womb then it is to do with mothering experiences or past fertility and childbearing issues, can be to do with carrying a soul fragment within your womb like a child and it is time for this soul fragment to go back to God.

Genitals – sexuality and also abuse across the ages.

Hips – are about direction in life and your ability to support those who depend on you.

Thighs – attacks, especially by animals usually in past lives, also fears of not being able to walk and remain independent.

Knees – about decisions, maybe you feel a decision you made in the past was a bad one or there is a decision you need to make.

Feet – being stuck where you are and not being able to move forwards with distrust in the future.

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 these sensations, 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 themselves 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 thirty 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.

Past lives are a wonderful way to find cords without burdening ourselves with guilt. Who wants to admit they have ever thought about killing someone or killing themselves even. If you can say "ah but it happened in a past life, so I need to cut cords with that to be free in this present life," then there is no need to feel guilty about the thought of wanting to kill your spouse! Past life stories allow you to cut cords with anything heinous you have ever heard about. They are the reason the macros were developed. It is not productive, even if you could, to go back remembering every past life you ever had so the macro prayers cut with things anyone could have been and if you didn't have any cords with that particular lifetime, nothing is lost by cutting for them anyway. Even if you do not really believe in past lives, maybe you can get your head around them as a parable. The past life information that I come up with is specific to the suffering at hand. Whatever information Angels give will just be a story around the emotional wound that needs to be healed to get rid of the suffering. These past life stories can be used to heal phobias, repair relationships with people, even people you barely know this life. Sometimes people come up with the biggies, like Mother Mary, or Cleopatra or Marc Anthony, this does not mean they are wrong but that something from the lives of those famous people is relevant to their healing at the time. I also believe we can borrow memories from the Akashic record so we can heal things while believing they are our past life memories. It is kind of like a DNA memory that

needs healing and a past life memory is the best way to make clear what kind of healing is needed.

I have had many past life recollections but not the cinematic type of experience that Buddha was supposed to have experienced the night before his enlightenment. They were more like feelings and quick flashes of scenes from a previous life. I do not care if they are my real past lives or not; if they serve to bring to light more cords I need to cut for myself, or others then they have done their job. Maybe, just maybe, I haven't had many lives down here on earth and to be effective down here, I have borrowed memories that can help me understand the experiences of people on earth. Maybe I cannot remember that clearly yet, but one day I will. Either way I have faith that the memory I need will return if necessary.

What I find really rewarding and interesting is when a person I am doing healing with sees a vision of the same thing that I am seeing. This happened the other night with a lady from my healing group. I did not realise that I had never done any past life healing with her; we tend to just concentrate on what cords currently needed cutting. We came up with three past lives: One was a life in Vietnam, where she was a woman in charge of brewing up the local alcohol. She suffered the most unfortunate consequences of this livelihood because she had two husbands who were abusive alcoholics. Both died at sea (although being fishermen this was not unexpected). The abuse did not end when they died because her sons took up where they had left off! Definitely a repeating trend that needed healing applied to it.

The next life was that of a young girl who had not yet reached puberty in Canada. She had a bad argument and ran out in anger and managed to get herself eaten by a bear. Sadly, it was not a quick death. We did some healing for this soul fragment, by this time my friend was feeling significantly lighter.

The last lifetime was the most interesting. It was a very ancient lifetime where once again my friend was female and died before puberty. In this life she was being groomed to become a child sacrifice to the Gods, but in the meantime her psychic powers were being used for the benefit of the temple populous. As I was cutting for the soul fragment attached to this life, mainly about the knowledge that would be returned rather than the horror of the death, my friend could see her own vision of herself being sacrificed.

A few days later my friend rang up and said that she felt a lot more "whole, and complete" and could really feel now, how returning soul fragments helped her.

"I had a healing experience with others in my healing group that I wrote about in my journal which I would like to share with you. Had a bit of a dingdong in healing group, I really took offense to a comment made while doing a healing

on me, then the lady said I was sending her pain and bad vibes, another woman stepped in and went to town on me, so felt like I was the one being strung up on a witch hunt, funny how many times I have felt that before. So after cutting and stewing on the situation all day I finally remembered a lifetime where I was the village healer in France and basically it was during the time of the reformation and I was the one hung out to dry or should I say die, for it, during the witch trials and the other ladies involved were among the villagers. As soon as I cut for this life the feeling went away and I stopped stewing on it. Important to remember if you can't get rid of a feeling by just general cutting keep at it and past lives are so often involved, until you hit jackpot and then it just fades away as if it never was a problem which in reality it never was. I remember my name back in that life, now, I so identify with the sweet wee lass, her name was Emile. The reason she stayed in her watery grave was not due to anger but due to love for these villagers and because she kept my third eye ready for when I needed it this life, she has already visited me once before and given me much more use of my third eye."

Back in the early days when I was doing a lot of free healing on the internet, I helped a lady who had always suffered from very bad claustrophobia. I found a life for her where she and her sister were kept as a man's slaves. She had done something that he decided to punish with a long slow, horrendous death: The man threw the girl down a deep dark hole probably a dry well. (Maybe the hole was actually an "oubliette" which was often part of a dungeon complex. It is just a hole too deep to get out of. They put the lid on and let people die down there.) She survived the fall and her sister saw where she had been thrown. Her sister came every day to feed her and keep her alive but then one day she was killed as well, so they both died. Yes, while this is a nasty tale of woe you have to remember that the idea is to let the story go, along with the nasty emotions that arose from it. The lady contacted me later and said that her claustrophobia had significantly improved, if not on its way to total healing, since this soul fragment was returned.

Some interesting ones came up when my children were very small in relation to their phobias and fears. My eldest was very scared of dogs back when she was four years old and after doing a past life healing on a life where she was a wild dog living in a pack which hunted down everything that moved and another one where she was punished as a child by having a large dog set upon her. After the soul fragments from these lives returned she was no longer scared of dogs.

I had to get some help from another healer for this one, but my eldest daughter had an absolute fear of the sound of running or dripping water. I could not have her anywhere near the bathroom when I was filling or emptying the bath or she would become hysterical. Working with the other healer she could see a life where as a little girl she was at sea with many people in a large

wooden boat that had a hold down below the waterline. The boat hit something and started to sink, something fell on the little girl's head and she was knocked out down in the hold. She regained consciousness to find everyone else had left the sinking ship and she was trapped in the hold with the water pouring in and the sound of the water coming in, in the dark as she knew she was soon going to drown had stayed with her from so many lifetimes ago. After I did healing for this lifetime, she no longer had this fear and could then have a bath like anybody else. It was honestly that instant, like the phobia had never been there.

The youngest twin would scream every time we saw a stick on the ground on the way to school. This phobia was so bad that we actually had to go the long way round rather than through the park where there were any number of sticks. I actually asked Frank to help me with this one because it is very hard, when you are so attached to your children, to see clearly. Frank found a life where my youngest had been abused, her father had regularly beaten her with a stick. Just like the case before it was if a switch had been turned off, my youngest never again had a problem with a stick once this life was healed.

There were many other stories of profound changes that came out of past life healings; however, even as I channel the stories, they are already fading from memory. They are just little parables to me that can teach a useful lesson and point out which particular cords need cutting. They are an alternative to feeling over a person's etheric body and finding the cords that way. Past lives also give the person an intellectual feel for how they ended up with their troubling emotion this life.

I think it is more pertinent to put the information on how to find past lives for yourself, in this section before we come to my life story. If you do not know how to use a pendulum, more information will follow my life story as does anything else about cord cutting that you are not familiar with.

I have given hundreds 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. When people have soul fragments come back they feel much more whole and complete. What I have found that if I cut for a past life and there still seems more to be cut it is because there is a soul fragment to come back as well. We can even have soul fragments from this life, usually from traumatic incidents. I had a scenario of being so frightened when a little girl of about six climbed up on the bed with me one day. I phoned another healer and together we worked out that it was my inner child, who had been so wounded when she was young that she split off from me. When I was ready I cut the right cords and welcomed her back. That was a major milestone along my healing journey.

Here is another little story about soul fragments returning. I remember one particular healing I did for an office worker in the centre of Melbourne. He must have been very open to healing because he had a staggering number of soul fragments return at the end of it. He actually felt so weird, like he was going to faint that when I suggested hugging a tree, he actually went down into the city streets of Melbourne and hugged a tree in his business suit. I think he was pretty staggered at the power of cord cutting. He was ok after hugging his tree and grounding sufficiently.

The following is a list of reasons little parts of your soul can be left behind when you leave this life:

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.

Extra-terrestrial Lives - Now believe it or not you have probably had many lives as an extra-terrestrial 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 extra-terrestrial 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. 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 extra-terrestrial life, an elemental life, a life as a mythological beast, an animal, a dinosaur, an entity, a spirit guide 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.

The chanting method is particularly useful if you really are interested in what you have done in past lives. Say you want to know if you have ever been a blacksmith. You could cut cords with having been a blacksmith. If you got a decent number of chants out of it, say fifteen or twenty you could probably be pretty sure that you had either actually been a blacksmith or been the family of a blacksmith. If you only got four or five chants you probably were not a blacksmith but only went to a blacksmith when you needed his services. If for instance you wanted to tell if you had been a vicious dictator, that cord would be more unreliable because if you chanted and got a lot of chants that might mean your whole family were killed by a dictator. For the purposes of healing it does not matter if you were the dictator or if you were the victim but just suppose you really wanted to know then you could make your cord cutting more specific. You could cut with the power surges you felt as you submitted

weak lowly people to your will. I am pretty sure if you got a good cut out of that one you could surmise you were a dictator at one point of time, coupled with your first big cord between you and being a dictator. You can use cord cutting and the chanting method to find out all sorts of things and when this is being used to heal you and find out your information that is quite permissible, however if you start being nosey and trying to use it to find out other people's information, it will not work, this is what is inbuilt into the technique for your own safety.

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, 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 people 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.

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.

Take the 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.

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!!

THE BARB BALL

Back in 2003 when the technique of cord cutting was channeled through me, I started what I called my Angel lady group. One of the members was called Barb. A number of months ago Barb passed over. On the day of her passing I and another couple of psychics did some cord cutting for her to ease her into her newly found state. It matters not how spiritual you are, most people when they pass over still have things that they wished they had done differently or they are upset by how sad others are about their passing. Cord cutting works even more powerfully when somebody has passed beyond the Veil. When we pass over, many things become clear as to the nature of the human world and the spirit world and most times we become much more accepting of healing on offer. This healing is actually available all the time but needs us to consciously accept it. One of the psychics I was working with has an incredibly powerful third eye so I was the cutting power house (as the rule is, whatever you have cut for yourself you can cut for another, there is very little left that I have not cut for myself) and Barb was the powerhouse on the other side of the veil. Barb being an angel lady gets the whole cord cutting thing so she was massively instrumental in the creation of the Barb ball, hence it was named in her honour.

Some of the cord cutting we did, involved cutting for all women abused in war. One of the visions that came with that one was the women arising healed and then passing on the healing to the soldiers who came to kneel at their feet. Another cut was for all the beings who perceived themselves to be stuck in hell. Some were dragged out looking like blobs, then turning into beings that looked like Greys (alien forms) and at this point we cut for them having to identify with a particular race of being. At that point they seemed to transform into iridescent dragonflies, with some of them joining the Barb ball to help others and others flying off to other worlds. There were many deep cuts made. They were not reserved to this world they were for all beings and all hierarchy involved in the spirit world related to their particular worlds, to the effect that all realised that we are one and all started to help in their own way, to lend their love and knowledge to the Barb ball. Through the work we all did together the Barb ball is self-sustaining, and people and all beings can access it when they pass over but also while in body, through their dreams and during meditation. Another little tweak is that when somebody puts something in the rubbish bin or recycle bin, we have asked that the barb ball surrounds that bin and takes any unwanted emotions also and transmutes it to love. If you think about it every soul on earth throws away rubbish and if we could throw out our negative thoughts and emotions as often as we throw away rubbish, we might have much less clutter in our minds.

The healing that this can bring should not be underestimated. The days of using karma as a method of growth and eventual healing are numbered. The Barb ball used the LAW OF GRACE. Let me give you an example, somebody commits suicide, then on the other side they see how upset everybody is, so this usually means to balance their karma they stay around spirit side trying to get through their apologies to those left behind. They could also have to go back, into another rubbish life and resist the urge to kill themselves this time. With the Barb ball you can just step in and relieve yourself of all that irksome karma and move onto something you really want to do. This also works for mass murderers, with the

laws of karma you might be working on this for lifetimes but with the laws of Grace you could actually turn things around to the point you can come back and help others who think it is ok to maim and murder. If we could transmute all this negative karma that we all accumulate as easily as having a shower, we could all realise that we are LOVE and as one much more quickly. As each person or being adds their love to this system it is becoming more and more pervasive and more available to all beings. All you need to do to access this wonderful gift of alchemy is to ask for the healing gift of love enveloped in a ball of light we have named the Barb ball. I truly hope that when I reach full enlightenment, all the cords cut will reside in the Barb ball, available for any being with compatible vibrations to access the cords that need cutting to aid them in reaching their own enlightenment. I am hoping that this being accessible when you have passed over into spirit as well as on earth, that you actually wont even have to incarnate to access the Barb ball treasure trove all the way to enlightenment. However time will tell in this regard, I will keep you posted.

Today my dear friend Erika L Soul got in contact with me after many years and sent me her post about the beautiful bliss ball. Seems she knew of its existence before it actually existed. Or maybe there is no time and it has existed across all time, however once a thing is named its' power grows exponentially, so we can now all benefit from healing in the form of a Barb or Bliss ball.

Divine Golden Bliss Balls of Love

The Heavenly Angels are conducting this Divine Energy Healing Vortex session for you right now.

Imagine this immense Sphere of Loving Energy vortexing swirling vibrating in front of you in this moment, feel its Energy like the Radiant Sun shining into your being.

Now become ready to release all you are experiencing into this sphere of divine Golden Blissful energy, there is a Great Love Star at its core. Feel it enveloping you and all your thoughts, feelings, emotions, problems, issues and all discord in your consciousness and watch it all dissolving into Divine LOVE, JOY and BLISS !!

All negative discordant energy is being transformed into pure Divine Love !!

Trust and know this is real and bringing you into a Vortex of Blissful Love and it is vibrating and dissolving all fear and negative thoughts, emotions, beliefs, toxic energies, limiting energetic patterns, And IT IS DONE !!!

Now say THANKYOU Heavenly Angels and feel an immense Wave of Love flowing through your being to your home, your work, your family, your friends, your life !!!

Feel this Heavenly Bliss Love State permeating your being all day long, lifting you into more and more Love.

If you think of what was conflicting you again know it is in being dissolved of all discord disharmony and changing into Pure Love. Any time you are wanting another session for all that stuff arising in you over something come and repeat this again.

Erika L Soul

Intuitive Healing Arts Practitioner

www.rainbowhealings.com/cord-cutting

Macro of the Moment Cards

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. 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 every way you can and she is very proud of you and how you have coped and grown through adversity. Mothers however, do tend to sacrifice their own needs for the sake of others, 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. Problem areas for you at the moment may be your stomach area, there may be need to let go of, or view in a different light, something you have not been able to stomach.

"BALANCE AMID ABUNDANCE" 1 : *Working on balance and grounding, while making sure your needs do not get overlooked.*

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 runs 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. It is true 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 really tough on all thoughts that are not truth. How do you tell if a thought is not truth? If the thought 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. Problem areas might be around your heart and that comes from the lifetimes of loss you have endured.

"BLOCK BUSTER" 2 : *Working on trusting Love and with that not bringing up abandonment and loss.*

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, consciously connecting with source energy. You are still thinking of romantic love when you think of your partner and to find a real deep love you must start pushing deeper and find any deep sources of unhappiness the healing of which will improve 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, people feel the love, love the love and are then more likely to repeat the behaviour that brought about the feeling of being loved. 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. Try not to 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. 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 yourself. As you begin to love yourself unreservedly, the love in you 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. Enveloped in 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 many times more effective, 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 might ask. Beings don't always register that they have passed over, so in this case cord cutting from this side of the Veil can allow them to re-orientate them to their present condition. When beings are very attached to things and feelings of this earth, it also helps to give the order from this side of the veil so they have access to all the cord cutting available from the Barb ball repository. Spirits 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, then 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 the karmic powers that be. 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. 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 at your disposal, you have got to stop seeing wealth so literally as things or money. If you are buying into that feeling and thinking of yourself being lacking, look again and see what people have been offering you. Have you have been refusing those offers of help 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 victimhood, 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 have a feeling of anxiousness and insecurity inside you and you have tended to look to others to rid yourself of 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 your life, stagnation and boredom and fear of losing love. You can never ever lose love, start trusting yourself and the essence of love that is always waiting to be expanded within you. There is a happy plan for your life and if you relax and stop this fear of loss in its tracks, the plan is 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 physical clean out of all the mementos from the past might be a good idea and any that bring up a negative memory, give it away or 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

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. 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. You always have the power to create that fearful reality if that is what you buy into, just as you always have the power to create a beautiful situation in life.

You are a very sensitive being, very connected to mother earth and you feels shifts in mother earth's 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, make sure to 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 this out into the physical yet. Be aware for leads on how 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 anything 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 have the 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 bit bogged down by everyday issues and by taking on others' worries. 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 won't be dumping on you because they will realise that they have to deal with their own issues. Possibly a good way to do this is to make a time every night to mentally walk through your day and all the interactions you have had and do some clear up cord cutting until none of them make any impression on you. 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. Remember all you have to do to hit the release

button is say replenishing from the divine spring in your head after an interaction.

"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 it is 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 trust in the Universe. 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 tendencies to expect and guard against loss, as this has been the predominant outcome in your life so far. I have found two major cords affecting me in relation to change 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 carried through into adulthood with the same negative expectations of Universe and karma. 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 mother's 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 can leave 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 so much 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 you settle for far less than you are worth, for fear you won't get offered anything better. Let's get back to basics every time you find yourself dwelling on past situations where you have found yourself to be lacking (we judge ourselves) 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 etc. 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?! 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. You are working on your creativity and trying to notice when you are just reacting and running on old habit patterns. Working out what is action and what is reaction is quite a job. You know in your heart when you are reacting, when you are

feeling self-justified and having to justify your reactions to yourself, this would typically denote reaction not knowing, loving action. All experience, all lessons you would deny others you also deny yourself. Now this does not mean that if an unfair decision is made by government authorities that you just calmly submit to the injustice, it means that first you cut with all your fears about the injustice being dealt to you. When you can come from a balanced place and act from a place of calm to sort the perceived injustice, 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. (Of course, in the real world you don't always have the luxury of time to analyse your feelings. However, you will accrue karma according to action or reaction.) 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 is which.

"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 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 because it is the only thing that is real. What you are aiming towards is cutting every cord that is not love, so work your way through that web, asking 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, you are finding holes in your beliefs, where what you are experiencing is not matching up with what you believe. Try cutting cords 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 and examine them to see if they really fit with your highest view of how you think the world works. If the beliefs no longer sit well with you, cut with them and do not allow these beliefs the power to create your world any longer. You are especially working with manifestation of wealth and happiness. If things keep manifesting that you think, "I didn't ask for this." (No you didn't, not this life). If however 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 highest truth, that you are love and everything is just perfect as it is. 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. There is also anger from 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 it has always just been a fight to survive. You fear the unknown and you have to let go of this need to have somebody else tell you it is all going to be ok. It is 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 reap enjoyment. Cut cords 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 etc. 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. 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 feeling fulfilled and the accumulation of physical things, like 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 (cutting 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 with stress. 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 yourself, 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. If you wish to avoid judgements from others, you must work on self-judgement. The more power you give this illusion of separateness, the more real it seems. As you pick on all the differences between you and other beings, 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. 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 the knowledge you are given has to be taken as 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. It is you that has the power to heal you and it is you that pulls yourself out of that pit. 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 honest with self. You have to be sure never to use the truth to wound, if you can't 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. 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. 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 can't 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 affected 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 can't 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 can't 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 won't change unless you make the effort. You must make the effort to free yourself from the karmic wheel. 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 everything 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. You 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 can't create peace by engaging in war. You have to be and live as you want to be and like will attract like. If you feel trapped, do something in your free time because you must make time for yourself. It is very important to make time for yourself, do something that is really different from what you do in the time you use for others, 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, the Universe 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 the Universe 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, it's 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 are 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. Many people 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 build this love even more, acknowledge this and give of your healing love every opportunity you get. Try to 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, maybe 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. To make way for the new you often 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, 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 for? 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. As you put more energy into that which you have already started and have gratitude for what has already gone well in your life, your life will move into a very fertile stage, 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 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 focused intent, when you clear up a few more latent fears you will be able to use this intent with laser-like precision. Welcome these pains with, "ah 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. 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 the Universal power of Love, so my ego does not get caught up in the power, as it is a heady feeling if it goes unchecked. I do not wish to take on the responsibility for others so I must also be willing to give up the power. I prefer to be totally free and give over all beings, to the Divine Being's 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 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 the Universal sense 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, you are a being of complete love playing a part. Now you are the Universal decider, 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. 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, out into the physical world and manifest it as a lifestyle and livelihood that makes your heart sing. This livelihood or lifestyle will make you want to get up to every morning and will be something that, even if you don't make heaps of

money, gives you so much joy that it does not matter. 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 that are coming into your life very fast. There seems to have been a bit of chaos in the past 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 remain 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 the 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. By staying as balanced and centred as possible you will achieve this. 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! 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 comes to the surface 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 don't give up this attachment you fight Universal Energy and your higher self. Try to trust that your highest dreams will bear fruit, but they need to be 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. 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 God's 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 you 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 ask spirit to help make 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. 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 currently working on the 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. 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. Maybe you are even 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. You are starting to question everything, even beliefs everyone holds to be true. Ask yourself is this belief based on fear, if it is, cut with it and see if its power over you, 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, it is your choice. This is the most powerful macro of all the macros, 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 won't last. 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.

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 cords 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, or feeling depressed. I have used my reactions to news stories 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 your mind seemed to tie you in more knots than ever it 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 your 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 thinking I won't 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 to how you speak to your friends, you will notice all the little negative or derogatory things of self you say. Many of the things you notice in the world 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. Sometimes 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, it 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 and that is because most of our energy needs are coming from your raised vibrations. Instead of listening to your desire for food, your perceived hunger for a particular food, consult instead your body, see how it reacts and feels after certain foods. If you feel great and full of energy after a big healthy meal, maybe that is what your body needs however if sluggish and like a BLOB, maybe you need to reduce your portion size. Lastly you are craving food because you are not fully grounded. As you plug into God-sourced energy 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. Try to 'be in' the activities you actually do so for instance, if that is washing-up, notice the sensations of washing-up and 'be' in the moment, that is also very grounding. Perhaps wear a crystal round your neck and if it is summer go bare-foot which is 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 etc. 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 cut, 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 effected 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 mother earth. 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, it is often something you just have to drag around and quite simply you are often 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 plane, 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, you are Love and are perfect right now. Learn to love yourself as

Universal energy 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 God's 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 believed before, because we must be truthful only to our highest truth. 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, etc., 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. 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, and let us 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 the Universe. It is a burden you are not meant to carry, tread this life road lightly. You are very close to the heart of Love 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. 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 yourself. You question if you are doing the right thing and doubt in your protection and your ultimate safety. 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 the

Universe and ask 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 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.

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.

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, especially 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 also 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. We truly do 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.

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.

Erika L Soul ~ Intuitive Healing Arts Practitioner.

I have been using The Abundance of Light CordCutting healing technique since Alyssa first brought it out early in 2003 and it is my only Cord cutting technique that I now use. I did learn many others methods of cordcutting before The Abundance of Light Technique but Alyssa's has been the one that really worked as a healing tool to effect changes. I have used this method in my healing work for ever since and I've also created quite a few great Macro Prayer's that I share online. I continue to learn and cut cords with Alyssa and grow in my practice of this gift of a Divine way to release the cords binding you into illusion and limitation. I have shared this technique with many people especially clients and even when Alyssa's website disappeared I continued to share and talk about her method, I did not give up.

One day this year I finally gave in and rang Alyssa to talk about things and how much I missed what she had on her website and her online presence and after some discussion plus much cordcutting we came to the decision to have me host her work on my website and be able to let it be publically available again. I am so glad I did this as I am aware that many people on facebook miss her online presence and would love to still have her healing work be available. I am so blessed to be able to keep gaining more and more experience with The Abundance of Light Cordcutting technique directly with Alyssa Mary Rose and then to share it with others in sessions and online. I have now started to give sessions solely based on using cord cutting as the healing method, and they have been so wonderful and the clients have really felt the effects straightaway. I am also willing to guide those wanting to learn this cord cutting technique one on one. These sessions are available in person over the phone or online using skype or facebook video chat.

I am so grateful to Alyssa for all her work with so many people all these years and her love for this healing tool. And for all her creation of so many Macro's and Cards, and sharing so much of her life story, so many people love her and appreciate the giving amazing being she is. A big thankyou to my husband Michael (techwhiz extraordinaire) for all his many hours of work creating our new webpage for The Abundance of Light, and for finding the way to put the Cards on our webpage so you can simply click on the image and one is chosen for you to cut cords with and also for making so many changes to it as we often do. Alyssa's videos are now uploaded onto my Erika L Soul channel on youtube and accessible via my webpage also. This endeavour has been a tremendous effort of all of us working together myself and Michael , Alyssa and her partner to continue sharing The Abundance of Light Cordcutting technique.

To access Alyssa's books videos and Macro of the Moment Cards and Alyrose Cards and First Time Healing cards and for all resources for The Abundance of Light and information on sessions you can visit

www.rainbowhealings.com/cord-cutting