

Grounding Cords Technique.

"I Call upon my healing angels of light to assist me, I Call upon Mother Earth to assist me now with this technique.

I ask now for a grounding cord to be placed into my crown chakra and run through my chakras and realign, centre and ground my chakras.

Visualise the grounding cord of light weaving itself through your crown chakra moving down towards the third eye chakra.

Visualise the grounding cord of light weaving itself through your third eye chakra moving down towards the throat chakra.

Visualise the grounding cord of light weaving itself through your throat chakra moving down towards the heart chakra.

Visualise the grounding cord of light weaving itself through your heart chakra moving down towards the solar plexus chakra.

Pause and ask Mother Earth and the healing angels to tighten up the grounding cord of light as you feel the upper chakras realign and ground.

Visualise the grounding cord of light weaving itself through your solar plexus chakra moving down towards the sacral chakra.

Visualise the grounding cord of light weaving itself through your sacral chakra moving down towards the base chakra.

Visualise the grounding cord of light weaving itself through your base chakra and the grounding cord dividing into two cords of light moving down towards the left knee and right knee.

Visualise the two grounding cords of light weaving itself through your left knee and right knee moving down towards each of the feet.

Visualise the two grounding cords of light weaving itself through your left foot and right foot moving down towards each of the earth star chakra.

Visualise the grounding cord of light weaving itself through your earth star and once again the two cords become one cord of light moving down towards the heart of Mother Earth, as seen as a large white sphere of light deep within the earth.

Visualise the grounding cord of light weaving itself through the heart of Mother Earth and anchoring itself into the heart of Mother Earth.

Pause and ask Mother Earth and the healing angels to tighten up the grounding cord of light throughout all of your chakras as you feel all your chakras realign and ground.

Thank Mother Earth and the healing angels for their assistance.

~ Brian McCullen, excerpt taken from the Angelic Healing Course™.