

Monthly Facilitator Prep

Intro to Cords, Facilitator Prep & Flow

Understanding Energetic Cords

Energetic cords are invisible threads that connect us to other people, places, and energies. They carry energy — both positive and negative — and can sometimes block our connection to the Divine or to our own highest frequency.

Key Points:

- Cords are **neutral** in themselves — they are a natural part of energy exchange.
- **Healthy cords** support connection, love, and flow.
- **Draining cords** can leave you feeling depleted, confused, or blocked spiritually.
- Facilitators work to help others **identify and release unhealthy cords**, while strengthening healthy energetic connections.

Reflection Prompt:

Notice someone or something in your life that might be energetically influencing you. How does it feel?

Facilitator Prep

To prepare for guiding others through cord removal or energy clearing, focus on the following steps:

1. **Ground Yourself**
 - Center your own energy with deep breaths or a brief meditation.

- Imagine roots extending from your feet deep into the earth.

2. **Create Sacred Space**

- Cleanse the area with sage, palo santo, or sound.
- Arrange any tools you'll use (candles, crystals, oils, journal).

3. **Set Intention**

- Speak your intention aloud:
4. "I hold space for clarity, healing, and divine guidance. May all energy work serve the highest good."

5. **Energetic Awareness**

- Scan your own energy and the energy of the person or situation you are supporting.
- Notice sensations, emotions, or images that arise — they are part of guidance.

Reflection Prompt:

How do you feel when holding space for someone else's energy?



Flow for Mini Cord Removal Sessions

When facilitating, follow a clear, gentle flow:

1. Introduction & Intention

- Explain the purpose of the session and invite the Divine to support the process.

2. Energy Scan

- Observe blocks, heavy cords, or areas of stagnation.

3. Cleansing & Clearing

- Guide the person through visualizations, breathing, or rituals to release energy cords that no longer serve them.

4. Grounding & Integration

- Help them anchor new energy.
- Suggest journaling or reflection afterward.

5. Closing & Gratitude

- Close the session with thanks to the Divine and acknowledgment of the work done.

Reflection Prompt:

How can you create a safe, sacred space for energetic clearing sessions?

Tips for Facilitators

- Trust your intuition — your energy is the tool.
- Keep your own cords clear before facilitating others.
- Use herbs, crystals, or sound to support the flow of energy.
- Always honor the Divine presence in the process.

Journal Prompt:

What aspect of facilitating energy work do you feel most drawn to explore this month?
