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SOUL-LIFE PERSPECTIVE FOR EVERYDAY PEOPLE

The Truth About Cutting Cords

By Toni Reilly

Cutting cords is often presented as a means for moving on, logically it seems perfectly reasonable to stop dwelling on challenging relationships and drama. Setting an intention to sever ties is only effective if the purpose the soul set out to experience has reached completion.

Every individual is here to have experiences. While the process is usually emotionally excruciating and we prefer to escape turmoil and pain, the truth is no one else can do the hard stuff for you. No external person, including a therapist or healer can alter your universal energetic plan. When a claim like "I've cut the cords for you" is made, it serves to create a feeling of failure in the individual. Soon enough the situation still stirs an emotional response and feelings persist. We all want a reprieve from difficult times, I mean, who really likes crying all the time or having their mind filled with scattered thoughts or physical anxiety?

Until we live through a break through moment and are able to naturally detach from the circumstances or person, any intention to cut cords is our human side, taking matters into hand. Once clarity and understanding of the role we played in the situation is realized our attachment releases by natural attrition.

Our will is the human aspect of our psyche though it never wins over divine timing or the soul plan. The most effective way to understand is to meditate or engage in therapies which work with the energetic aspects of your psyche. Getting to know your soul plan through personality tests, astrology or numerology, assists in highlighting the purpose to situations.

Soul searching is the best way to discover the purpose behind life experiences. This is a way to produce clarity to events in hindsight. An example would be someone who lived through an abusive childhood. By deconstructing the background of the offending parent or person responsible for the abuse it is possible to comprehend why they behaved in such a manner, and most importantly what you were supposed to gain from what happened. Search for positives gained, no matter how traumatic. Consider what you learned and how the experience altered your perspective. Perhaps it was independence, discovering inner strength, becoming patient or surrendering in apathy, showing tolerance or compassion, or gaining personal value where self-worth was realized and inner-confidence emerged.

Don't be afraid to go out there and live life and when something arises that causes an emotional reaction, check for the possible purpose and notice how quickly life's challenges dissipate. When we reach a stage where the general feeling is that all is as it is meant to be, we stop being our own worst enemy and drama is no longer a part of our existence. Freeing ourselves from resentment means that we are no longer captive to feelings of bitterness, anger and disappointment.

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Toni Reilly, Founder

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