

# *Soul Essence*

## *Fact Sheet – Relationship Cords*

### Relationship Cords

The more time we spend and the more intimate the relationship the stronger the cord will be whether it was a loving or painful relationship.

Our first relationship is with our mother, which is the foundation of our reality and the influence of our father and siblings. This sets up the way we will be in a relationship with others as adults. We fall into unconscious patterns when making adult relationships. To heal we need to go back to the formative relationships with our families (mother, father, and siblings).

Most of our relationships are co-dependant and set up to be mutually colluding. If I support your inhibition you support mine. Lots of our relationships keep us in our UNTRUTH, out of reality. When we start to heal and clean the relationship cord we heal our negative karma.

Relationship cords in the various chakras have various themes. Most cords are formed in the lower chakras, root, sacral and solar plexus.

### Root Chakra

Security and connection to earth, relationship with our physicality. If grounded a strong cord, if ungrounded, there will be energy blocks, the cord will be small not reaching the ground.

### Sacral Chakra

Sensual pleasure, sexual relationships.

### Solar Plexus Chakra

Power control, dominance, care taking. If we were not taken care of as a child, we may not take care of ourselves as an adult.

### Heart Chakra

Love, giving and receiving love, wounding from not getting love as a child.

### Throat Chakra

Freedom of expressing in a relationship, communication – when healthy truthful direct loving communication.

### Brow Chakra

Knowledge – intellectual communication.

### Crown Chakra

God, spirit, connection to the divine.

Email [rosemary@soul-essence.com](mailto:rosemary@soul-essence.com) if you would like to heal your relationship cords.

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