

## **Chakra Cords**

**Creating a healthy interconnected web of communication;  
the role of chakra cords within energetic guardianship**

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## **Creating a healthy interconnected web of communication; the role of chakra cords within energetic guardianship**

We live in a time when the lack of connection and loss of sense of belonging seems greater than ever. This brings confusion in our society. In ECOintention called 'crommunication' with imbalance and fission as a possible result. Rising above this and restoring healthy relationships and communication is perhaps the greatest challenge for us as humanity ever.

From this concern, this article invites you to look at the invisible world of connection. With the focus on chakra cords. It is examined how this knowledge can contribute to the realization of healthy communication as part of the ECOintention method and the basic principles of energetic guardianship (Andeweg, 2011).

### **The quantum world and the importance of healthy relationships**

According to the latest insights in quantum science, there is an energy flow in nature that connects every proton with every other proton in the universe. This energy flow is not only cosmic, but exists within each of us and connects us (Hameiri, 2016). The basic substance of the universe in which we live consists of energy and information. It is non-local, endless and forms the foundation of our reality. (Curran, 2017).

Thus, everything we think, feel and do is related to each other, the planet and the universe. Holographically connected in relation to everything around us. That is why our well-being and also illness are always in relation to everything. Healing on these relationships is therefore essential for bringing a system into harmony and balance. *But how exactly do these relationships work and are connections established on an energetic level? And what does that mean for us as human beings and as ECOintention Practitioners?*

From my background as Healing Touch Practitioner<sup>1</sup>, I have explored and experienced the meaning of chakra cords more deeply in the past year. Below I first describe the Huna and Mana-cords as applied within the ECOintention. Followed by a description of the different chakra cords and steps for creating a healthy web of communication.

### Huna and Mana-cords

In the 1930s, Max Freedom Long discovered the ancient Hawaiian wisdom of Huna. A threefold human image of self as the basis for everything in creation. Powered by Mana, life energy, which every individual has at his disposal to create and transform his reality. According to the Kahuna priests, Mana is absorbed by the body with the breath and flows between the seven spiritual centers; chakras in other cultures. They make the connection between our body with the astral and other higher energies (Andeweg, 2011).

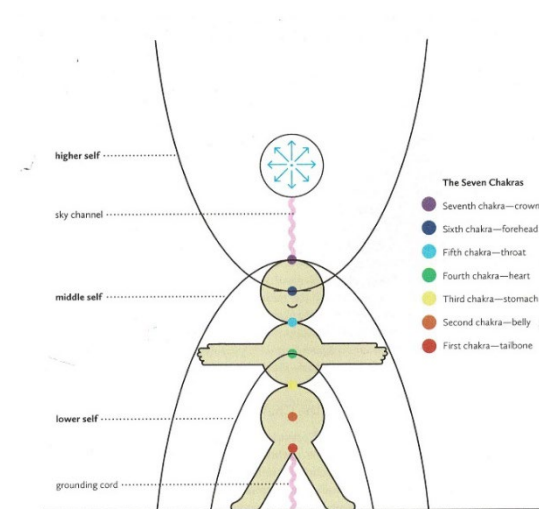


Figure 1 (Andeweg, 2016): The Huna vision of man.

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<sup>1</sup> *Healing Touch uses the life energy that flows in and around our body and keeps us in balance. This touch stimulates our self-healing capacity on a physical, emotional, mental and spiritual level. It balances the energy field. Healing Touch originated within nursing in the US and is related to Therapeutic Touch and Reiki. The source is contained in traditional medicine and the work of contemporary scientists and energy therapists such as Dora Kunz, Rosalyne Bruyere, Brugh Joy, Barbara Brennan and Janet Mentgen.*

Mana manifests itself in a positive and negative force. It flows unhindered through the spiritual centers when there is harmony between these forces. For proper transfer, the mana- or shadowcord must be clean or free. This is achieved when all the memories and complexes of the shadow body are cleared. The more harmonious and healing the human being, the more effect prayers and healing have. The Kahuna speak of the 'whole' human being when the three selves have reached a higher level and are fully integrated into your heart. Then man radiates Divine light and reaches the stage of 'the star' with the Heart of Gold in the center. (Andeweg, 1999).

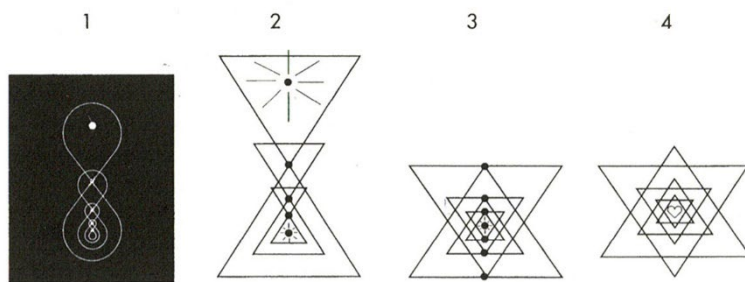


Figure 2 (Andeweg, 1999): The Whole man. The three-parted human according to Huna represented with lemniscates (1). With triangles (2). The stage for the whole man (3) and the whole man with the Heart of Gold (4).

### Chakra cords and communication

It appears that with everything where your attention is directed, a cord of Mana arises. Information flows back and forth through that Mana-cord and will continue to do so as long as we don't change or end it. In the late 1980s, Brennan describes the human energy field and the nature of our creative energies (Brennan, 1987 & 1993). Within this, the chakras function both as transmitters and transformers, each with specific properties and functions (Judith, 2015).

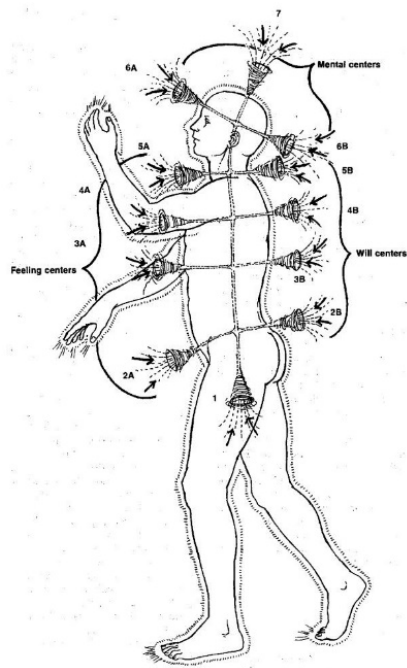


Figure 3 (Brennan, 1991): The Seven Major Chakras, seen from aside.

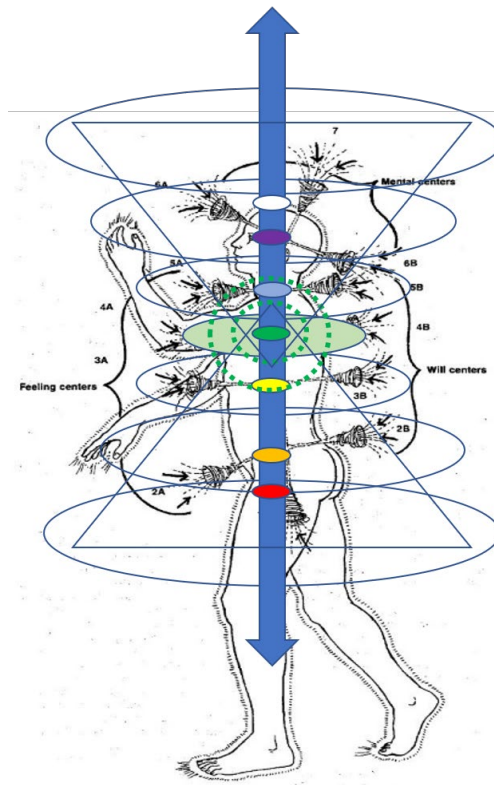


Figure 4 (van den Ban, 2022): From the 2<sup>nd</sup> to the 3<sup>rd</sup> stage of the whole person (see figure 2) connected to the major chakras, with an open heart.

Communication between living beings can be seen as cords of light and energy connected through similar chakras (Brennan, 1994). Consciously or not, we make chakra chords with others almost continuously. They can only attach between the chakras if both people allow it. They are not bound by space and time.

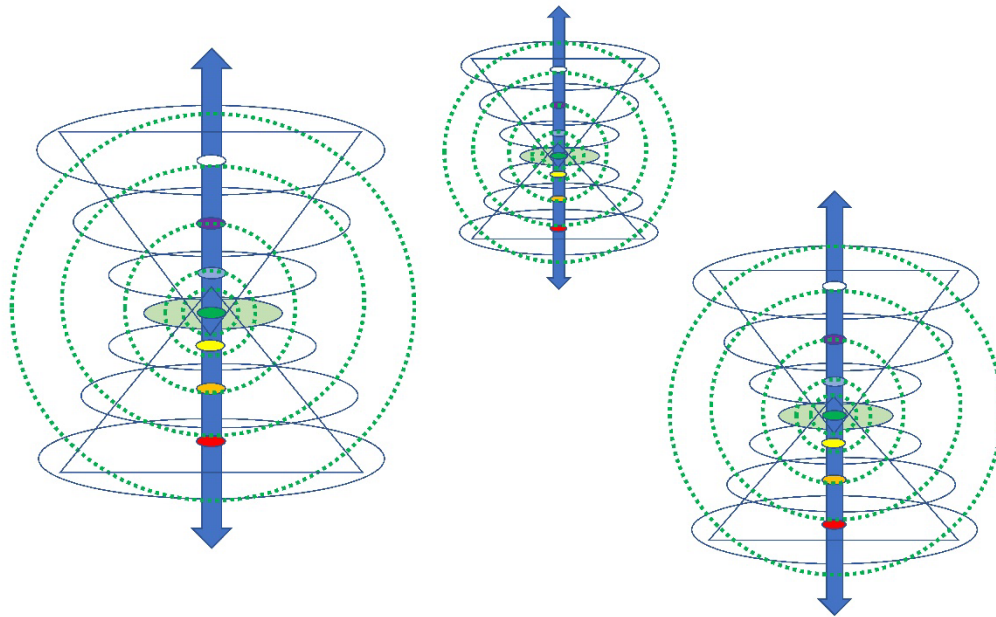


Figure 5 (van den Ban, 2022): Abstraction of Figure 4 as a multi-person representation

Cords can vary in thickness, character and color. The thickness shows the degree of involvement. The character the intention and the color the message going back and forth between the chakras. All chakra cords can show a connection, a will to learn, help, or interest. In principle, all chakra cords can also be used for control, influence or manipulation. Everyone is free to choose what kind of cords he or she wants with the other. Cords are part of our existence and are thus used both positively and negatively (Keen, 1994).

In healthy relationships, the cords are alive, multi-coloured, and pliable. They serve to maintain intimacy, trust, and understanding, while making room for freedom and flexibility in the relationship. In unhealthy relationships we freeze our life energy fuelled by fear or negative beliefs. Here we abuse the cords that connect us. They are heavy or dark.

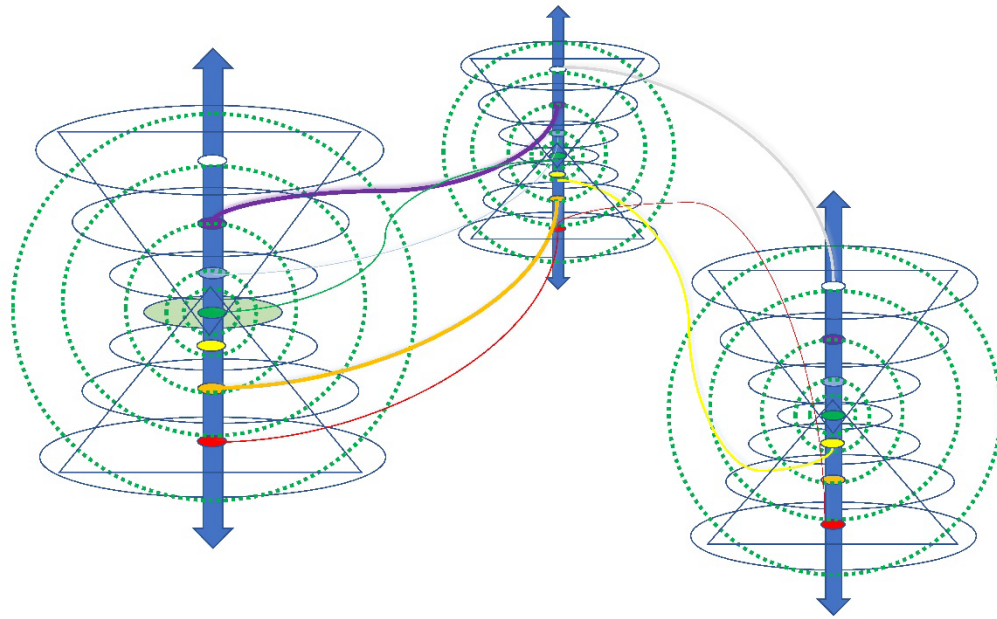


Figure 6 (van den Ban, 2022): Schematic representation of chakra cords between multiple persons

Brennan distinguishes five main types (Brennan, 1994):

1. Soul cords, carry the soul from its original connection;
2. Cords from past lives, on earth or elsewhere;
3. The genetic cords acquired through the connection with the parents, brothers and sisters, ancestors, blood relatives up to the great genetic tree of life;
4. The relational cords that arise through relationships with parents;
5. The relationship cords that arise through relationships with other people.

According to Brennan, cords always exist. In this way we would be connected until the first man on earth. We can only change the energy and information. This is in line with ECOintention's basic principles, where we set up a formative force with attention and intention and can, for example, travel to past lives and events.

We come into contact with relational cords the most. Literature search shows that the chakra cords show different aspects of relationships; in accordance with the psychic function of the chakras (Annex 1).

### **Towards healthy connections**

We have seen that we communicate not only through the air, but also energetically. Energy travels over these cords that can give you purpose. The intent of the message you are communicating. This way you can manipulate or make someone dependent. Getting into someone's head for example with the 6th chakra cord. While the other is unaware. What thoughts do you get in your head then? This can cause a lot of discomfort.

Everyone has their own responsibility in this. Because what do you do with all those connections? What energy and information do you send out or receive?

The quality of our attention informed by a heartfelt intention can break through old patterns and transform our relationships. A start is by forgiving a burdened past we may forget and live on 'enlightened' as a whole person. Tonglen, blowing up pictures or ending contact and sending the energy and information back to the sender, as we do in ECOintention, helps.

It brings us closer to the principles for energetic guardianship (Andeweg, 2011).



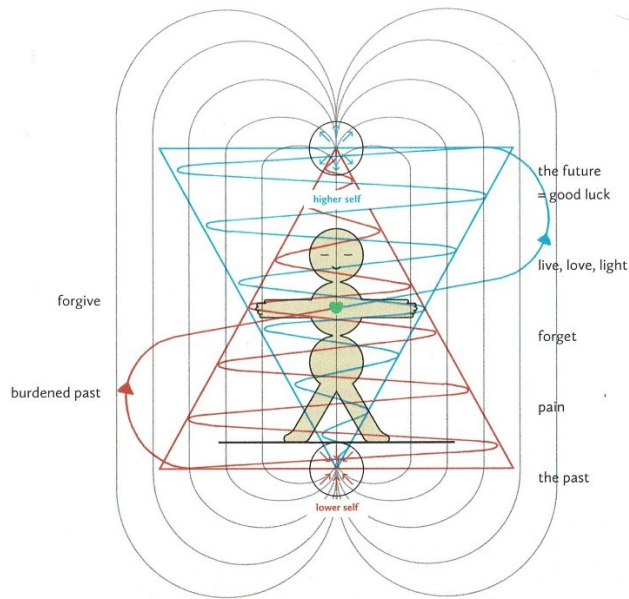


Figure 7 (Andeweg, 2016): The whole of man with an open heart through forgiveness.

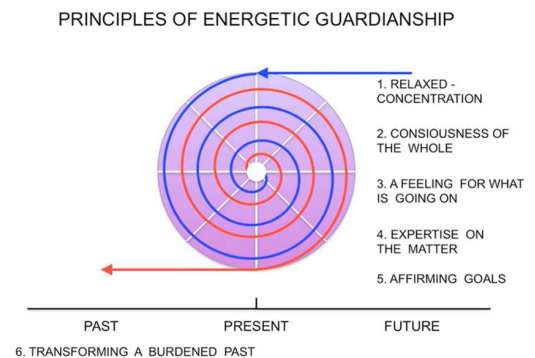


Figure 8 (ECOintention Course heart Material, 2022)

Someone with a whole heart is a 'healer' and can heal. This is an important starting point as an ECOintention Practitioner in diagnosis, commuting and treatment. During this process, energetic hygiene is necessary to avoid energetic pitfalls, such as being sucked empty. How do you get a clearer connection where your communication is primarily pure and based on freedom? Transformed to a higher frequency, with pure heart energy, chakra cords can provide free communication. Connectedness in freedom. If we can achieve that for ourselves and each other, we will reach the prelude to a world in connection. The star in figure 2 provides the answer. Communication is a matter of the heart where you speak and think from compassion and in connection with the other.

## **The qualities of the heart**

The Kahunas already knew that our strength comes from within. The four qualities of the heart and heart center (Brugh-Joy, 1979) are applied in Healing Touch to live and heal in a heart centered way:

1. Compassion - be thankful for who you are today and for all that surrounds you;
2. Innate harmony - a sense of peace and tranquility in the midst of chaos;
3. Healing presence - in relaxation and tranquility, opposites unite;
4. Unconditional love - the Mystery That Connects Everything .

When the four qualities are lived with pure intention, they are united in selfless service, a pursuit of Healing Touch practitioners.

## **A healthy web of communication**

Our minds and intentions extend beyond our brains to our environment. With invisible connections that connect us to each other, the world around us and even to the future (Sheldrake, 2004). With the strength of our heart we can establish a pure communication of connection. Cutting Edge Heart-Brain Science (HearthMath, 2022) proves that the possibilities are vast when each of us consciously interacts with his or her chakra cords from this perspective.

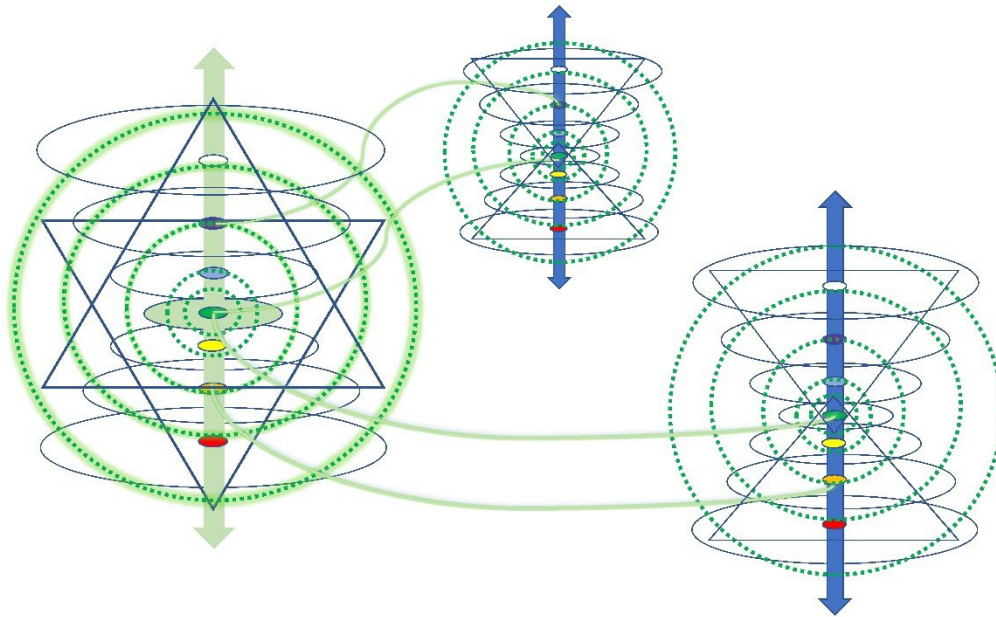


Figure 9 (van den Ban, 2022): Schematic of healing cords of light from a pure heart energy (left) in connection with other persons.

### **Manifest love and stay connected**

Many healers talk about cutting cords but that seems outdated. Welch, amongst others advocates stopping this and instead deal with the energies that connect us all (Welch, 2021). I myself have experienced that cutting does not really help. Cords, or rather the energy and information that travels through them, simply come back when you don't neutralize the charge.

In fact, cutting is strange or even unethical. For example, the cords with your parents arise from before conception. From the point of view that we are all connected and one, in my experience it makes more sense to learn to embrace a connection, to transform, and thus live a stronger and more loving life.

## **Conclusion**

We heal as far as we are whole ourselves. That is why consciously realizing what you send or receive is of great importance. Building pure cords filled with heart energy as much as possible and healing existing cords creates a life full of creative possibilities. Connected in freedom. There is enormous potential in this. Together we are able to create great networks of light and love that connect all (human) life. This gives the fundamentals for energy management a deeper meaning and scope. The ECOintention Practitioner a new dimension.

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## Figures

Figure 1 (Andeweg, 2016): *The Huna vision of man.*

Figure 2 (Andeweg, 1999): *The Whole man. The three-parted human according to Huna represented with lemniscates (1). With triangles (2). The stage for the whole man (3) and the whole man with the Heart of Gold (4).*

Figure 3 (Brennan, 1991): *The Seven Major Chakras, Front and Back Views (Diagnostic View).*

Figure 4 (van den Ban, 2022): *With an open intersection in the heart from the 2nd to the 3rd stage of the whole person (see figure 2) connected to the main chakras.*

Figure 5 (van den Ban, 2022): *Abstraction of Figure 4 as a multi-person representation*

Figure 6 (van den Ban, 2022): *Schematic representation of chakra cords between multiple persons*

Figure 7 (Andeweg, 2016): *The whole of man with an open heart through forgiveness.*

Figure 8 (ECOintention Course Material, 2022): *Principles of Energetic Guardianship*

Figure 9 (van den Ban, 2022): *Schematic of healing cords of light from a pure heart energy (left) in connection with other persons.*

## Annex 1

Overview of chakra cords and different aspects of relationships, in accordance with the psychic function of the chakras.

Cords from the:	Brennan, 1994	Bont, 2013	Keen, 2009
1 <sup>e</sup> chakra	Steadfastness of the will to live in a physical body irt the earth and other people	Save me- Help me survive	Information about safety, grounding and survival Also support/caring for each other or over-dependence
2 <sup>e</sup> chakra	Enjoying the Fertility of Life in Sensual and Sexual Relationships	Support me- I'm sexually interested in you	All possible levels of intimacy Also manipulation through flattery or temptation
3 <sup>e</sup> chakra	Purity and Righteousness of Taking Care of Self and Others in Relationships	Tell me what to do- Give me energy	Fighting a power struggle. Often with competition and 'team spirit' Start motor for others, annoy each other, argue
4 <sup>e</sup> chakra	Loving and the mystery of the harmony between loving and wanting in relationships	Love me- I love you	Expression of love, affinity and appreciation. Shows understanding, affirmation and compassion, but also jealousy
5 <sup>e</sup> chakra	Trust in the higher will of the relationship, giving and receiving in speaking the truth	Listen to me- Say what I want	Verbal and also telepathic aspects. Creative and colourful. Also broadcasting negative thoughts and harassing others
6 <sup>e</sup> chakra	Seeing higher concepts and mutual exchange of ideas, experiencing unconditional love	Pay attention to me - I'm thinking of you	Lively exchange of ideas and insights. Also as a 'bridge' to someone else's head (too curious or attempt to dominate)
7 <sup>e</sup> chakra	The ability to understand the perfect pattern of a relationship. And also the ability to integrate the material and spiritual worlds in a relationship.	I control you- Follow me/Obey me	Connection on a spiritual level or means of communication between eg. teacher and student, parentand child. Handling someone else too