

Do other peoples **Energy** affect me?

I have been researching and observing the effects of positive and negative energy, and wondering if it truly does influence ones thoughts, moods and emotions. Do other people's bad vibes influence the way I feel about myself? How about my work environment, is it harming my energy? I have learned that yes, it definitely does. We all need to ask ourselves: What gives us energy? WHO or what gives us energy and most importantly WHO takes it away?

All relationships whether they are business or personal involve some type of energy exchange. Toxic or negative people take our energy whether they intend to or not, leaving us feeling heavy, down, hurt or stuck. These people can be your family, friends, co-workers, or neighbours. The physical and emotional drain that is caused is not recognized by conventional medicine. Dr. Judith Orloff M.D, says, "Most of us haven't been educated about toxic people or how to emancipate ourselves from their clutches." She goes on to say, "these emotionally walking wounded...have become

resigned to chronic anxiety or depression." Toxic ties also have the ability to make us believe we're unworthy or unlovable, or question our self-worth. A negative bond with someone can impact many areas of your life. If it is not removed, these negative ties, or "cords", often stay with you for several years or even for life.

Cord cutting is a way of removing these negative attachments and improving your emotional, spiritual and physical well being. A cord of attachment is made up of electro-magnetic energy. It carries the same frequency as the energy field found within your aura. These cords can build up from past or present relationships and can leave you feeling emotions such as anger, resentment, fear, and unnecessary worry.

I am a very sensitive person. I knew I had negative cords weighing me down from past relationships, creating unwanted thoughts keeping me stuck and repeating the same patterns. So, I decided to contact Rose Lortie, an initiated Ritual Master with the Modern Mystery School who also specializes in numerous healing modalities as well as Negative Energy Removal of people, places and spaces. Rose provides her

many clients with the healing and tools they need to uplift their spirits, shift their energy and Empower themselves. The method she suggested to me after our discussion was **Negative Energy Removal** and Cord Cutting. I decided to try it. The experience was a wonderful release that I felt immediately. It was like a weight had been lifted, leaving me lighter, more centered. Rose explained that this was common for people to experience an instant shift in their energy field. People don't realize how many people are stealing their personal energy; it is kind of like stealing an internet connection and using up someone's band width.

Having had such a positive experience with the Cord Cutting often clients, including myself, will go onto the next step of enhancing their spiritual growth by receiving a **Life Activation** from Rose.

To answer my question, does other people's energy affect me? You bet they do! Now you have the choice to allow other people to borrow your vital energy, or to cut them off!

www.thegatewaytohealing.com