Creating Powerful Relationships

Become Empowered to Live the Life You Want and Resolve Past Traumas

by Debbie Papadakis, RP, BCH

There is a simple rationale for how these techniques work: we are all made of energy and the connections between us are links of energy that are changeable if we open our minds to visualization.

Each time we meet someone, cords form between us that have different physical characteristics like colour, shape, and temperature, each representing aspects of the relationship. Looking at relationships as cords with physical qualities makes them easier to understand. It is simple to see what a relationship is like and how to fix it when its emotional essence can be seen and touched. The concept of seeing energy as cords was first developed by the Ancients and the Huna tradition, and has since been adopted by practitioners worldwide. Today, this technique is called ‘Decoding’.

The practice of Decoding involves clearing, changing, or removing cords between people so that they can heal themselves. It lets people confront past traumas, and by improving their childhood relationships it improves all the others. Combined with hypnotherapy, Decoding is able to access issues at the subconscious level where these memories exist. When hypnotized, the client can pinpoint the root cause of their perceived inadequacy, which can be anything from a past life to a childhood absurdity. They have to forgive themselves and others around them – to give up ill-conceived notions and open up to love.

To do this, we need to examine our lives and honestly evaluate if we are happy with how we are. Anything we find that we do not like has to be changed. We need to go back to our childhood formative events and resolve the pain there, healing the unhealthy emotional connec-
tions by learning their lessons and understanding them and then releasing these experiences by forgiving and letting go. We send love, which transforms the energy of the connection and changes the cords for the better.

As we begin to heal our issues, the cords transform. Sometimes this will involve visualizing a change in the qualities of the cords while healing the relationship. Or they might see the cords melt down so that they completely disconnect and move on. This tangible visualization, combined with conversation, can change a relationship tremendously. Perception is projection, and if within us we have resolved our pain, then we will perceive the relationship as better, even without involving the other person in the process. By changing the energetic cords between two people, we have already involved the other person as much as we need.

For Mary, who could not imagine why her marriage was so broken, hypnotherapy and Decoding revealed that whenever she and her husband fought, it triggered the same anger and self-judgement that she had felt as a child when her father had overreacted to her. By forgiving her parents – and herself – for this perceived inadequacy, she was able to transform her relationship. When she thought of her husband after that, it was with love – she could finally open up to him, and as a result he could open up to her, both of them caring for, accepting, and loving one another more.

Completing this process successfully allows us to safely deal with our relationship problems – and their devastating consequences across our lives. With the issues resolved, though, people are quickly empowered to be better and to live the life they want without the dark, unspoken pressure of the past leaning on them.

To help people with this process, I have created a Relationship Code book and CD, which can help people to transform their lives by understanding the dynamics of their relationships, and using my guided relationship healing process and exercise. Take a look at your own relationships – maybe something from your past is holding you back, too.

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