



How To Identify Cords of Attachment

So how do you know if you have a cord with someone that needs to be cut? Here are some signs to look for:

- They emotionally drain you
- When you think of them, they contact you out of nowhere, or
- They pop into your head for no reason
- You fear running into them, or feel the need to avoid them
- The person is at top of mind right now, as you're reading up on cord cutting – trust your intuition!

When it comes to the people you know, the need to cut cords are usually pretty obvious. But it's totally possible to have picked up cords that you're not even aware of. With this said, it's not necessary to know where all of your cords are coming from. Cord cutting is all about intention. So, if you simply focus on cleaning up any/all negative ties, that's enough. If a relationship has ended, whether it's romantic or platonic, those cords can drain you of your vital life force, and prevent you from moving forward. So, cord-cutting rituals are some of the most needed, and most powerful, pieces of ritual work that we can do!

It's important to be intentional about separating your energy from this person. Depending on the length, intensity, and commitment of your relationship, your energies may be quite entwined. And if you don't wish to keep carrying all that around, you may want to do a cord-cutting ritual.

How To Cut Cords

There are several ways to cut cords. Here are the top **4 ways** to break those unwanted ties and recall your energy. Use your own intuition based on the situation to determine which method is best for you. All of these cord cutting rituals should be done with reverence and love, for the greatest good for all involved.

it is perfectly OKAY to still love and care about that person, and still do your cord-cutting. Remember that this is not an act of violence towards them, but merely an act of taking back your power and restoring energetic boundaries. Something that is helpful, even if you still have to interact with them!

1 - Smudging

Smudging, or burning sage is a tried-and-true method for spiritual cleansing. Indigenous Americans have been smudging (or burning dried herbs) to banish negativity for centuries. A modern, and safer version, is to use a liquid smudge spray. We'll explore both here.

Let's start with traditional smudging.

You'll Need:

- bundle of dried sage
- sage shell (or smudge bowl)
- a feather
- lighter or matches

Method: Hold your sage bundle at a 45-degree angle in your non-dominant hand and light it. After about 10 seconds, blow out the flame you created, and allow the embers to continue burning. The smoke will rise from the bundle. Pick up your feather with your dominant hand, and make circular sweeps with it, wafting the smoke toward your face, neck and chest area. You can waft the smoke through your home to clear all negativity from your surroundings.

While you're saging, affirm: *"I cut all negative cords of connection and recall my energy now. May all negativity be cleared from my sacred space and returned to the earth for healing."* Then, place the sage bundle in its shell and let it burn out on its own.

1A - Smudge Spray

If you live in an apartment (don't want to set off the smoke detector) or if smoke bothers you, opt for a smudge spray instead.

You'll Need: Smudge spray

Method: Give the bottle a good shake and hold it at arm's length. Close your eyes and mist your crown, face, neck, and chest while inhaling deeply. Exhale and repeat as you feel guided. In your mind, repeat the affirmation above, or the one that comes printed on the bottle.

2 - Freezer Method

This method carries a vibe of 'finality'. So, if you're just dealing with a pesky loved one with boundary issues, choose a different option. This is best for ending relationships.

You'll Need:

Pen

Paper

water

Plastic bag

A Freezer

Method:

Write the person's name on a piece of paper. Hold the paper in your hands and affirm: I am grateful for the lessons I've learned from this person, and am ready to release them fully. All cords of attachment are now frozen.

"I release _____ (person's name) from this lifetime, all past lifetimes, and all future lifetimes. I break this bond. I am grateful for the lessons I've learned from this person, and am ready to release them fully. All cords of attachment are now frozen."

Fold the paper up, place it in a bag, (can add water if you like) and bury it in the back of your freezer. This is a powerful and symbolic gesture that will help break unhealthy patterns from repeating themselves.

3 - Ask Archangel Michael to Cut Cords

Archangel Michael is an absolute master at cutting cords. His job is to protect and serve! He's often shown holding a flaming sword with a blue flame – the perfect cord cutting gear! If you're comfortable working with angels, try this prayer.

You'll Need: N/A

Method: In the privacy of your mind before sleep or during meditation, call on Archangel Michael: Archangel Michael, please cut all energetic cords that do not serve me. I trust your judgement completely as you sever all ties that drain my energy. Thank you for this gift."

4- Cord cutting ritual (I like a physical representation to do my cord cutting)**RITUAL TOOLS**

- Incense (to cleanse space)
- Scissors (to cut twine)
- Lighter
- Fire safe bowl
- About 8-10 inches of twine or thread
- White candle
- Assorted crystals, if desired (I had my black tourmaline, rose quartz, amethyst, several clear quartzes, and my selenite wand)

RITUAL INSTRUCTIONS:

Always start any ritual by setting sacred space/casting your circle (I always start with smudging, but everyone has their own way of doing this, so find what feels best to you). Cleanse your tools in the smoke, then get your string and cut a piece that is 8-10 inches long. On one end tie a knot that represents you and leave some room to tie ends together. On the other end a knot that represents the other person. Really sit and visualize this person coming in.

Tie the ends of your twine together, making a circle. Twist the twine three times. Lay your crystals or salt around the twine. Light the candle. See the light of love and universal energy coming in. (Make sure you do this outside and practice fire safety.)

Take time to close your eyes, breathe deeply, and attune to this person's energy. Try to come into a place of compassion, as much as possible (maybe do a mini meditation beforehand, if this is a real challenge).

Grab your bowl. Lower the string into the candle flames and while it burns, try to feel gratitude for this person and drop into bowl. Then watch as candle burn through the twine, let the candle burn all the way down. After it's done burning then bury outside.

Recite aloud:

"I release _____ (person's name) from this lifetime, all past lifetimes, and all future lifetimes. I break this bond. I am grateful for the lessons I've learned from you, and am ready to release them fully. This portion of our soul contract is now complete. I release you from my energy field now."

Visualize golden light filling into the spaces you get removed any cords, filling in with love and light. Gather the ashes from the bowl. (Be careful to not burn your hands here- use tongs or something if that helps).

Alternative: you don't want to burn you can get a picture of self and the other person and wrap twine around the two pictures. Get scissors and cut the twine between the two and see the cords being cut being the two of you and recite above intention. Then bury all piece outside and give back to mother earth.