



## Stone Spirit Cord Cutting Spell to Release the Past

Releasing the pain of the past is one of the most challenging aspects of our Witches' Journey. This ritual will help you to let go of all that no longer serves you. If you are in significant distress, please contact your primary health care provider. This exercise is based on a similar one in *The Sacred Seven: A Course in Applied Modern Witchcraft*. Get in touch with me to learn more.

This is a multi-step ritual designed for the waning moon.

Black obsidian has several properties that are well suited for our emotional healing using removal magick: death, emotions, emotional transformation, grounding, magick, personal growth and protection.

The charm is made now to offer protection as you continue onto the more intense work in the Words of Power exercise.

### Preparation

Getting any object ready for magickal use requires two steps: purification and activation. Cleansing can be easily accomplished by placing the black obsidian in a salt bag for a few days. You want to remove any gunk on it as well as nonessential properties. You'll know the obsidian is ready when it feels noticeably lighter than it did before. Activation occurs when an object has specific properties released for work while others are subdued. This can be accomplished by "smoking" the herbs by passing them through

the smoke from the incense you made. Although the overall energy is of removal magick, in this step you are performing attraction work because you want to bind the properties of the incense to the stone, attracting like to like to activate the obsidian. So, pass the stone through the smoked in a clockwise (attracting) motion. Seven passes should do it. If the stone still feels heavy, do it a bit more.

## Stone Spirit Connection

Now that the obsidian is attuned to the intended purpose, it's time to connect with it to infuse your intention into it. Once this occurs, it has become a charm (or amulet if you prefer). I usually use the term "charm" to indicate a magickal object consisting of a single item and "amulet" to denote multiple objects fused together into one magickal creation then you practice transferring energy into it to achieve a grounded state.

## Creating a Protected Magickal Space

The first step in communicating with the stone is to create a protected space. This is a form of purification of the energies in our external environment.

- Choose a location where you won't be disturbed for the duration of the exercise.
- Wear comfortable clothing.
- Tidy the space and make sure you wash up before beginning the activity.
- Once you are comfortably seated, without your energy centers crossed (i.e., arms and legs don't overlap), begin to create the space.
- Taking your right arm, draw an energetic circle in front of you. Envision this circle expands to include your space (i.e., any props or tools are included). See the circle become a sphere that extends above your head and below your feet. Do this three times.

When your working is complete, in this case the charm activation, you need to release the space.

## Creating the Charm

Similar to what you did with the botanicals, envision a cord between you and the obsidian. Greet the stone. Let its color and energy travel across the cord to you. State your intention of asking the stone to become a receptacle for your excess emotions and energy to help you become grounded. Contemplate the emptiness of the stone. It is waiting to receive that which no longer serves you. In the protected space, release any excess emotions down through the cord. Experience the feeling of release. On the in-breath, pull the cord to your emotional seat in your root energy center (chakra). On the out-breath release all the excess down through it into the stone. Repeat several times. When finished, thank the stone for their service. If the stone is already heavier, cleanse it again in the salt. Once it is purified again, activate it with the incense and carry it with you so that you can do an energetic “dump and run” anytime you need to ground.

## Opening the Energetic Circle

Now that you’ve finished the activation of the charm, open the circle. Envision the protective circle shrinking to include only you and your charm. Journal about the experience and record the technique in your BoS. If you aren’t familiar with creating sacred space this way, you can practice it until you feel comfortable.

## **Technique: Removal and Reversal Magick**

Once your obsidian is ready for use again, you are ready to do the working below. You’ll need black paper and a white marker (paint pens work great) or white paper with black marker. Use a piece of white or black string to represent the cord between your emotions and the memory along with scissors to cut the cord. You’ll also use the incense again in the working and use the circle technique from the charm creation exercise.

There are two techniques used in this working: removal and reversal magick. You’ve done removal magick in the grounding charm exercise. It is simply a working that takes something away, like excess energy a toxic person or obstacles. Removal magick is best done during the waning moon. Protection magick is a type of removal work since it removes existing negative energies and potential ones. Reversal magick

goes one step further by taking that which we removed and reversing its properties to our benefit. The type of reversal magick you'll be doing is known as transmutation.

## **Voces Magicae Working**

This exercise brings emotional healing by releasing the connection of our emotions to a painful memory. Voces Magicae is an occult term meaning "Words of Power." This refers to the power of words in magick. While we can work with elaborate Words of Power, there is real energy in all written expression.

Begin by organizing your space with paper and markers, a fresh black (or white) candle, the incense (yarrow or benzoin are recommended, sage will also work) and your grounding stone. Follow the steps from that exercise to create your sacred space. Once created, light the candle (which you'll throw out after this working) and the incense. Keep the stone nearby. If you start to feel overwhelmed during the working, do the release technique to ground yourself.

Envision yourself completely surrounded by a protective circle. Nothing can harm you here, not even the memory you are about to evoke. When you are ready, record the memory on one of the blank sheets. Ground as you need to.

Next, write a list of the emotions you feel now that the memory has been activated on a separate sheet. Roll up each sheet. Tie the string to each roll. Continue to ground as necessary into your charm. You may be feeling intense emotions at this point. You are safe in the circle; the charm is supporting you and the exercise ends with a reversal of these emotions.

Hold the cord over the candle, using scissors to cut the cord. You can also sever the cord in the flame of the candle if you are comfortable doing that. Take the memory sheet and destroy it by burning or putting it in the trash (and getting it out of your house as soon as possible.) The memory exists but no longer has emotions connected to it. You can safely revisit the memory when necessary, but you don't want its energy lurking about.

Now turn your attention to the list of emotions. How do you feel reading the list? Thank each one, then cross it off and write beside it a beneficial one. For example,

replace “anger” with “compassion” and “sadness” with “joy.” This is the reversal part of the working. Now take time to feel each of the beneficial emotions. You should be feeling much more grounded now. When you are ready, open the circle. Record the technique in your BoS. You can apply removal and reversal magick to a great many problems using this cord cutting technique.