

# Cutting Cords & Ties

Cutting of cords and/or old belief patterns is the perfect way to clear your mind. To do this you will need any one of the following crystals:



~ Quartz crystal wand with a termination point (not double terminated), a laser Quartz wand or an Auralite 23 wand



~ Black Obsidian arrowhead or rough piece with sharp edges



~ Black Kyanite rough piece

We can feel vulnerable and drained when people, emotions, situations, etc. connect to us through invisible ties or cords. These ties tend to affect us adversely and can be very draining to our energy. In order to feel protected, cutting these cords and ties can restore our energy and we feel protected again. Performing a cord cutting session or ceremony can be easy and simple. Once you do it, you should feel much lighter, more energetic and more yourself. When asking to cut cords and ties, you are offering up only those you want to have cut, anything else will not be affected.

Holding the crystal of your choice from above, stand in a space where you feel comfortable. Take a deep breath in through your nose and slowly out through your mouth. Do this 2 or 3 times, relaxing your body with each breath.

Speaking out loud (which is more powerful) ask Archangel Michael to help you with cutting cords and ties.

Archangel Michael, please help me cut cords and ties with person/situation/emotion/belief etc. Then run your crystal wand up one side of you, across your head, down the other side and point towards your feet to cut under you. Then do the same thing running up the front, across your head, down your back and under your feet. This cuts the cords and ties in all directions.



This next part is absolutely essential so the cords cannot hook back in. Ask Archangel Michael to burn the cords back in and fill with love/light/abundance/joy/happiness or anything that works for you. Then ask him to take care of the other ends of the cords for the highest good of all. This ensures that you do not direct or control what happens with them.

Thank him for the help, shake out your wand and again take a deep breath in through your nose and slowly out through your mouth. Do this 2 or 3 times. Allow yourself to relax and see if you feel lighter or different in any way.

Take note of anything that happens in the next few days that is related to the cord cutting. If you are doing it with a person, they may feel that energy as well, so you might expect some kind of reaction from them. Take care when facing them and with your newfound freedom from draining energy so you don't allow new cords to connect back in.