

# Cutting & Removing Cords of Attachment -Sacred Ceremony-



1. Read the article, *Cutting Cords of Attachment* (page 4). It is important to know and understand what you are doing for lasting results.
2. Set aside 1-2 hours of alone time to complete the process. It is important to take your time and be thorough, or the cord may reattach. Completing the sacred ceremony on or near a full moon will add to its effectiveness, but it can be completed at any time.
3. Gather materials and prepare your space. Suggested materials: two chime candles, two candle holders, stylus for writing on candle( or you can use a sharp pencil, paperclip, etc.), essential oils to rub on candles (recommended: lavender & sage), cord made of natural materials, fireproof surface to work on such as ceramic or metal, white sage and/or palo santo for smudging, high vibrational music, herbs, incense, crystals.
4. Use incense, white sage, palo santo, or crystals to energetically clean yourself, all supplies, and the area in which you will be working while saying a prayer to clear all negative energies and fill the space with divine love and light. Play high vibrational music during the ceremony to continue cleansing and purifying.
5. Meditate using the steps in the article on page 6, ***How to Cut Cords - Meditation.***
6. Fill out the ***Sacred Contract*** form. This paper represents the contract between you and the person you are cutting the cord from. Use the information from the meditation to help you fill out the form.
7. On one candle, write your name, birthdate, and positive words that you would like this ceremony to bring into your life. It doesn't have to be readable and you can write words on top of one another. On the other candle, write the name of the person you are cutting the cord with. Write their birthdate if known. Write positive words of what you wish



for them. If you do not want to write positive wishes, then just do the name/birthdate. Do not put negative wishes on their candle. That will only create more karma between you. Next, rub both candles with the essential oils. This brings the characteristics of the oils into the ceremony.

8. Tie a cord of natural fiber between both candles (jute twine or cotton cord works well). Then place the candles in the candle holders.
9. Put the candles on a fireproof surface: ceramic or metal. At first, place the candles close together. Spread herbs or crystals around the candles that support your intentions with their characteristics. Do NOT light the candles yet.



10. Burn the Sacred Contract in a fireproof container or fireplace. It's best to do this outside or in a well ventilated area letting the smoke and any negative energies exit safely. This act signifies that the contract between you has been completed and is now null and void. The smoke rising into the heavens is sending that message to the universe.

11. Next, light both candles (yours first). Pull the two candle holders far apart signifying your separation. Pull until the cord is taught.



12. Say the prayer out loud:

*Archangel Raphael please pull upon the cord of attachment connecting me to \_\_\_\_\_. I ask that you pull out the energetic roots and Archangel Michael, please cut the cord with your sword of light and truth. I now ask that the roots, the cords, and any and all residue from this energetic cord of attachment now be released into the light of the Divine.*

13. Light the center of the cord on fire. After the cord has separated, state:

***Now, any and all energy which has been drained through this cord of attachment, consciously or unconsciously, now return to me cleansed and purified.***



Visualize your energy returning to you in a Divine spiral of golden and white light.

14. As you are watching the flames burn, pay attention. The way the flames burn can indicate how each party feels about the cord cutting. If the flame is small, even, and steady - the person is at peace and accepting. If the flame is large, fast, and unruly - the person may be feeling some resistance or anger. Trust your intuition as you watch the flames. Let the candles burn completely unless they become unsafe.
15. Complete the ***Final Meditation*** on page 9 of the article as the candles are burning.
16. After the ceremony is complete, bury the ashes from the sacred contract and the herbs from the candle ceremony in mother earth thanking her for cleansing and renewal.
17. Repeat the ***Cord Cutting Prayer*** for the next 21 days. This gives you time to heal completely and will cut any cords that the other person tries to reestablish. This step is very important to ensure that the cords are not reconnected.



# ***Cutting Cords of Attachment***

*Article from AskAngles.com  
Written by Melanie Beckler*

## **Cut The Energetic Cords Which Are Draining You!**

You are more than a physical body... You are a spiritual and energetic being. In every moment, and with every interaction, your energy body is mingling and interacting with the people, places, and energies which are around you. This is a natural process and a by-product of the energy of oneness which flows between and connects all. But since we do still live in a realm of duality, there can be challenges with some of these energetic interactions.

### **What Are Cords?**

Cords of attachment are energetic ties which are created between two people, or between a person and an institution, object, or past situation which remains in the present. Energetic cords are attached when there are any dense feelings or emotions like fear, worry, anger, or negativity in an interaction. The cords then have a way of keeping those attached in a holding pattern, where the past challenges continue to repeat into the present. Cords of attachment bring old feelings into new interactions, and can leave those who have them attached feeling frustrated, tired, drained, irritated and stuck.

Cords of attachment are different from spiritual ties, which are created through beautiful energetic encounters with others. Spiritual ties strengthen your connection with those you love and care about. They are the residue of beautiful energetic exchanges which serve you and serve the other, and they shine with love, compassion, and joy while cords of attachment contain energetic patterns which are disruptive, painful, limiting and dense.

I mention this because there is some mis-information floating around the web that cords can actually be beneficial... So you might worry about

damaging your relationships by cutting them, and let cords remain. But really, there is a big difference energetically between cords of attachment and spiritual ties which serve. Don't worry about cutting spiritual ties with others, because they serve and uplift, and they can't be cut. They're pure light, so a sword of light just glides right through. Spiritual ties shine with love and light, and are accumulated over your many lifetimes and positive uplifting interactions. They are the connections which make someone new you meet seem like you've known them forever, and they help you to deepen and expand your loving relationships with others. Cords of attachment on the other hand, are dense. They vibrate energetically in alignment with your past challenges and they bring this density into your present to repeat patterns you'd be better off releasing and moving beyond. Attachment cords keep old pain active, they tie you to past challenges, and they keep old arguments and tensions alive and on repeat. The good news is, cords can be cut, pulled out, and dissolved into the light of the divine.

### **Why Cut Cords?**

If you start a new relationship without cutting the cords to your past loves, it's very likely the same past patterns will quickly repeat, because through the cords which are attached, the problems and challenges from your past are energetically still very present. The same is true with cords to your parents... Without cutting them, past feelings from your childhood of inferiority, guilt, etc. will repeat in your life now when there is really no need for them to do so.

Cutting cords of attachment can help you to heal, to move on, to release the past and step into your power and into new possibilities for loving interactions. When cords are cut, you're opened up to having beautiful high vibrational interactions with others, centered in love and joy which then create beneficial spiritual ties shining brightly between you and uplifting all involved. Cutting cords can help heal your relationship with someone, or to help you completely cut all ties, so that you can both move on.

Cords of attachment can be created between more than just people. Cords become attached to your energy when fear or judgement are present, and the cord then allows toxic and dense energy to flow between you and whatever initially triggered the negative reaction. Cords can become tied between you and other people, yes, but also between you and a substance in the case of addictions, or between your energy and the energy of a past life or present challenging situation. Cords of attachment manifest when your relationship with anyone or anything is out of balance. They remain present until cut, and many people actually have past life cords they've been carrying with them energetically for lifetimes.

If you're quite empathic, compassionate, and sensitive, you may even pick up small cords from strangers in passing as you subconsciously attempt to uplift them. Cut the cords! You're much more effective uplifting others in love and light rather than taking on their pain and density, so become aware of your pattern, and with awareness you can shift it.

### **So What Is Cord Cutting?**

Cutting cords is the energetic process of cutting negative and fear based attachments from your life experience to prevent them from continuing to block your energy, vitality and well-being. When you cut and release a cord into the light, you're no longer energetically engaged with that pattern of negativity. Your perspective is immediately uplifted, and you're able to more easily see the silver lining and blessings through awareness in the present moment.

When you cut the cords between you and another, consciously or unconsciously, they will feel it too, and may even reach out and contact you. If this is the case, establish boundaries, surround yourself with love and light and stand up for yourself so the cords don't just reattach themselves.

### **How Do You Cut Cords?**

There are a few different ways to cut cords. You can simply ask the Archangels to cut and release cords into the light, but if you use this quickie method, don't be surprised if you do this, and the cord is quickly reattached. For lasting results in cutting the cords of attachment, awareness is key. This means you need to become aware of and understand the cord and how it was attached to you energetically in the first place. Loving balanced relationships do not create cords, and so if a cord is present, it means something was out of balance... What was it? This awareness is key to cutting a cord once and for all, because with it you can change the pattern.

### **How to Cut Cords - Meditation**

Begin by calling in Divine White Light, and your team of Spirit Guides and Angels. Breathe, and focus within. Quiet your mind and allow your heart to open... Ground, and center your energy, feeling your energy flowing down to the core of the Earth, and noticing and experiencing that you are one with the light at the core of the Earth, and one with All That Is. Take another deep breath now as you allow the light at the core of the Earth to flow up. Feel the Divine light flowing up, in through the bottom of your feet, and traveling up through your chakras along your spine. Feel the light activating, balancing and healing all seven chakras of your physical body, and continuing up out the top of your head, go with it, allowing the light to open your higher energy centers, and continuing to lift up above the light

and into the direct presence and connection with Creative Source Energy, with God, and with the Divine. Relax and breathe. Feel the love. Feel your Oneness with Source, and with All That Is. Enjoy this feeling. Bask in the Divine love that radiates all around you now. Simply connecting with these energies will cleanse and lift your being, bringing you healing love and blessings.

Now, using your intuition and awareness, tune into your aura and energy body. Become aware of the cords which drain you. You can ask your angels to help you become aware of any cords of attachment which are present as well, and they will guide you to become aware of this information. Tune into and identify who or what you are corded to. Become aware of the cord, and the circumstances surrounding it. What is the pattern of energy flowing in the cord between you and another person (or substance or event)? How was the cord attached in the first place? Take note whether it was fear, envy, jealousy, insecurity, etc. which caused you to shift out of love and joy so that a cord could be attached. Become aware of the pattern you engaged in which established the cord. With awareness of how the cord was attached, you're able to change the pattern which created it, step off the karmic wheel, sever the cord, and lift into new levels of love, and authentic being.

When you sever cords of attachment you make room for more fulfillment, peace, clarity and joy in your life. Your authentic path is able to open up before you, and you're able to move further into your expansion and awakening.

If you just ask the angels to cut the cords which are draining you, they will, but without changing your beliefs, without awareness, and without really understanding the pattern and learning the lesson contained within your interactions with others, cords will reattach and you'll have to keep asking for them to be cut... And they will attach again. The same is true if you identify your own cords and just cut them without consciously choosing to heal the patterns and energy around the cord.

Someone can't just cord you without your consent... Cords are attached through an energy exchange, and so in some way, consciously or unconsciously you allowed it. Rather than just cutting the same cords again and again and again, why not take a bit more time and cut the cords once and for all? To do this, identify the cord present, as well as the core emotions and patterns of thought and expression which caused you to become 'corded' in the first place. Understanding the pattern contained within the cord is key. Once you know this, you're able to release these painful emotions into the light. Cut the cord, and release the pattern carried

within it into the light. Then replace this dense energetic vibration with an empowering belief, with a positive uplifting habit, and with a fresh new uplifting pattern of unconditional love, light and compassion.

Say for instance you've recently broken up with your boyfriend, or had an argument with a parent. Identify the underlying emotions around the challenges you've experienced with this person which may have caused a cord to become attached. Notice how they contributed to your energetic exchanges, as well as the role you played. Keep in mind, love and joy prevent cords. So in noticing the pattern, try to look for ways in which you could have maintained a personal boundary of love and joy which would have prevented your taking on the density of a cord in the first place. This is key to a lasting effect when you cut a cord. Once you're aware of why you've picked up a cord, take note of where the actual cord of attachment is tied to your energy. You may be able to 'see this' with your mind's eye, or you may sense a pressure or tightness where the cord is attached, or just know it's location. You can also ask your guides and angels to help you become aware of where the cords of attachment are tied into your energy and they will help you to sense, see, know, and become aware of this information. Once you know why a cord was attached to your energy, and where it is located, you're ready to cut it and release it into the light.

### **Cutting Cords of Attachment With Help From Angels**

Once you've done your 'prep work' as outlined above, here is where I recommend actively working with the angels to cut your cords. "Archangel Raphael please pull upon the cord of attachment connecting me to \_\_\_\_\_ . I ask that you pull out the energetic roots and Archangel Michael (or Jesus Mother Mary, Quan Yin, or Saint Germain) please cut the cord with your sword of light and truth. I now ask that the roots, the cords, and any and all residue from this energetic cord of attachment now be released into the light of the Divine."

Yes, you can do this yourself as well... And if you're inspired to do so, great. Just make sure you're linked with the Divine, and then call in your own sword of light to cut the cord and then release the roots, cord, and residue into the light.

Then ask...

"Now, any and all energy which has been drained through this cord of attachment, consciously or unconsciously, now return to me cleansed and purified." See your energy returning to you in a Divine spiral of golden and white light.

## **Final Meditation**

Next, let yourself become aware of the pattern you were previously engaged in. Let yourself become aware of the pain you felt, the fear you experienced, and the negativity you were consciously or unconsciously engaged with which caused a cord to be attached in the first place. Feel the emotions, experience the circumstances. And then release the dense pattern, belief, and energy which allowed the cord into your energy to dissolve into the light of the Divine.

Now, directly connected to Source, and All That Is, invite an empowering new belief and a positive pattern centered in Divine love, joy, and balance to flow into your being filling the void where the cord of attachment was rooted. Let love, joy, and compassion take its place. Consciously be aware of the new pattern, belief, and energy you've now aligned with. Notice how this new energy will prevent you from being corded again by this person or another should you have a similar interaction.

With your new perspective, you're able to stay cord free. Having learned your lesson from the attachment, you are able to respond in a new empowered way. You're able to live with healthy boundaries and to move further on your path of awakening.

Finally, imagine a waterfall of light pouring down from the Divine all around you, and around the person you were corded to. This light of the Divine releases any lingering negativity into the light, and paves the way for your balanced, centered, positive new beginning.

Keep love and joy around you as you continue further, knowing that love acts as a powerful shield. But also check back in with your energy, and if you do pick up a new cord, become aware of why. Understand the pattern, cut the cord, heal, release it into the light, and heal, evolve... and grow.

*With love and gratitude,*

♥ Melanie

<https://www.ask-angels.com/spiritual-guidance/cutting-cords-attachment/>

# Sacred Contract



Name \_\_\_\_\_

Birthday \_\_\_\_\_

*I am officially and forever more cutting any and all ties between \_\_\_\_\_ and myself. I am thankful for all of the gifts I have gained through this relationship. However, the time has come to completely separate all energies between us. Thank you, thank you, thank you. And so it is.*

*I give thanks for \_\_\_\_\_*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*I am breaking this bond because \_\_\_\_\_*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*By cutting this energetic cord in my life, I am making room to bring many new experiences into my life: \_\_\_\_\_*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Cord Cutting Prayer



*Archangel Michael and Archangel Metatron...I ask for your help. I ask you to cut and completely remove all cords of negativity going to me and from me attached to any person, place, event, experience, or thing that no longer serves a positive purpose in my life or isn't for my soul's highest good. Let only the love and life lessons remain as inner wisdom. Let any wound left behind be healed with unconditional compassion, love, and strength.*

*(Visualize the Archangel Michael cutting through any energetic cords with his sword of light. Visualize any roots left in your energetic field lifting out and dissolving. Visualize Archangel Metatron healing any wounds left from the cord cutting/removal and protecting you with sacred geometry.)*

*Thank you Archangel Michael and Archangel Metatron for your assistance, healing, love, and protection.*

*Repeat this prayer daily for 21 days.*