Cord-cutting ritual

You will need:
- 1 white candle
- Athame or wand (optional)
- Lighter or matches

Cut energetic bonds that tie you to a person or situation and get a clean start.

1. Light the white candle in front of you.

2. Sit in a comfortable and upright position and focus your attention on your breath. Close your eyes and let your mind relax.

3. Let the connection points come to your mind, let the cords appear. Visualize them, just like laces tying you to that person. Are they head to head? Heart to heart? Do not make any judgment, they may be in the most unexpected parts of your body and each cord may be different. Visualize them for a minute.

4. Open your eyes and gently stand up. If you have a wand or athame, hold it in your dominant hand. If you don't have one, use your index finger. Stretch out your arm while pointing in front of you. Slowly turn your body to the right and keep turning until you've cast a full circle.

5. Repeat these affirmations aloud or in silence:

"I release this energy from myself"
"I remove and cut all cords for my greater good"
"I forgive and set myself free"

6. Turn once more and as you do this, visualize how you completely cut each cord. Each time you cut one, it melts away, disappears, and a protective circle of healing light surrounds you, healing your wound.