

# Cord Cutting Mini Course

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# What is *Cord cutting?*

*As humans, we are energy.*

Our energy is vibrant and ever flowing. It is what connects us to the universe and all other beings. It's our energy that pets and children sense that can trigger the energy in them to trust us or be wary.

The practice of cutting energy cords helps you to preserve your spiritual space and break any energetic attachments so you can protect and nourish your own energy.

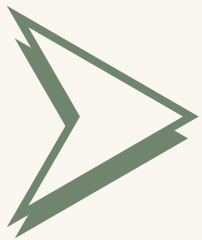
There are different methods and I have tried a few. This method has worked well for me and it's the one I am most comfortable to teach. This is the coles notes version of the work if you are comfortable navigating on your own. For the full program please reach out. Contact information is on the back page.



# What is required to cut cords?



Fire safe container



Two small taper candles



Enough string to wrap each candle with a slight space between

Sea salt to securely hold the candles

Matches



# Start your *ritual*

Always begin with a salt bath or a cleansing ritual. If you are not bathing, wash your hands as a symbolic cleansing. Follow up with a smoke cleanse from your sage.

It's important to ground yourself. Cord cutting takes dedication and a willingness to open your heart.

Stand or sit comfortably.

Begin with a small meditation. No focus. Just calming breaths.

When you are ready, imagine your feet are growing roots into the earth. At the centre of the earth is a glowing red light. Bring that light up through your roots into your heart.

When you are centred and ready, let's begin.

Be clear about the person/situation you are clearing.

No matter how the relationship/situation ended - there was good. Take time to journal with gratitude, what came from the relationship/person.

# Cutting the cord

Before you light the candles, say aloud "(person's name or situation) this portion of our soul contract is complete. Thank you for the lessons learned. I release you never to return". Ensure both tapered candles are secure in a fire-safe container surrounded by sea salt.

# 1

## **Light both candles**

fire safety is important. Make sure your surroundings are safe. Understand the importance of the symbolism in the candles and string.

# 2

## **While the candle is burning**

Know that your energy is being returned to you. Journal what your life is going to FEEL like when you are released

# 3

## **While the candle is burning**

Journal what you are going to do with your emotional freedom. Watch the flames move and feel the energy releasing. Do you see patterns in the flame?

# 4

## **As the string burns**

Most importantly ensure the space is safe. Notice which candle initiated the release. Does that mean something to you? Emotions are expected! Say "I now release the ties that bind. I now claim what is mine"

# 5

## **Allow the candle to burn completely**

Notice if one candle took longer. Discard the nubs of the candles. Pour the salt into water and say "Spirit of the water wash away any of (person's name) remaining energy. I release it from where it came."



My name is Maryanne Paul. I am a Minister with the Metaphysical Church of Canada. I believe that ceremony and ritual in our daily lives can bring us peace, awareness, and abundance. With ceremony and ritual, we can live our best lives..



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