



## 'Cutting the ties'

A ritual to clear the energy between you and another person, an object or a situation – it never cuts existing love, but only releases that which is no longer for the highest and best good of all involved.

1. Visualise the person in front of you
2. Do you feel or see any energetic ties between both of your bodies? These can be very thin strands or thick ropes which connect different body parts between you two – you will most certainly have some from heart to heart and from head to head
3. Visualise taking some golden shears and cut all ties completely, take your time with this and know that you are only cutting away energies that no longer serve both of you – pure love can never be cut
4. Visualise how the end of each cut tie melts back into each of your bodies
5. Visualise how the person now leaves with a smile on their face, walking further and further away from you and disappearing into the distance – send them on their way with love and light if possible
6. Visualise yourself taking a dip in the sea, a river or a lake to wash off any last remaining negative energies relating to this person, visualise the water being golden and fully immerse yourself in it – enjoy the clarity that comes with this
7. Repeat the ritual three times in one go to increase its potency if possible

In some instances, you might want to repeat this exercise several times over several days to completely dissolve all ties – some can be very stubborn. Often the other person energetically notices a change in your relationship and tries to connect with you again in response to you finishing the ritual, so don't be surprised!

You can use this exercise for just one person or a group of people (e.g. family). At the beginning it might be easier to visualise one person at a time as that way you will be better able to observe the different ties per person.

If you struggle with visualisation you can feel your way through this exercise instead. If you can visualise most points above but can't see any ties use the shears to cut all possible ties from head to toe – for the most part this will be sufficient.

Enjoy!