

Cord Cutting Ceremony & Energetic Closure

Purpose

To energetically and emotionally release someone from your field—without denying love or the role they played in your journey. Closure is about releasing attachment. You can love them from a distance and still choose peace.

Preparation

- Choose a quiet, undisturbed space.
- Optional: candle, journal, pen, ribbon/string.
- Set your intention: ‘I release attachment and reclaim my power.’
- Switch your phone to do not disturb. Have water ready for aftercare.

The Ceremony (15–25 minutes)

Grounding (3–5 minutes)

Sit comfortably. One hand on heart, one on belly. Breathe 4■2■6 for five rounds. Feel your body settle.

Name the truth

In your journal, write a single honest sentence: ‘I honour what was, and I release what I wished it could be.’

Visualise the cord

Close your eyes and imagine an energetic cord between your heart and theirs. Notice its colour, texture, weight—without judgement.

Cut or dissolve

Visualise gently cutting the cord with golden shears—or see it dissolve into warm light. Exhale as you release.

Return your energy

Visualise your energy flowing back into your chest. Affirm: ‘I reclaim my energy now.’

Seal & bless

Hands on heart: ‘I release you with compassion. My peace matters more than our attachment.’ Sit in stillness for one minute.

Aftercare

- Drink water; if helpful, take a warm shower or bath.
- Avoid contacting the person as you honour the cut for at least 7 days.

- If strong emotion rises, ground: feel your feet on the floor, extend your exhale.

Everyday Mini■Rituals (When You Feel the Pull)

Breathe & Pause

Two minutes of belly breathing (4■1■6). Notice your body's response, not the story in your head.

Mirror Affirmation

Look into your eyes: 'My peace matters more than my attachment.'

Visual Reset

Imagine a soft light cocoon around you; let the memory dissolve into the light.

Trigger Ritual

Write one line in a journal: 'Thank you for the lesson. My story continues without you.' Close the journal.

Energy Return

Hand on heart: 'I return my energy to me.' Visualise strength filling your chest.

Workflow: Closure Integration

Phase	What You Do	Outcome
Before Ceremony	Prepare space, intention, materials, phone on DND	Grounded & clear
During Ceremony	Breathe, name, visualise, cut/dissolve, reclaim, seal	Energetic release
Day 1–7	No contact, hydration, mini rituals, journal insights	Stabilise nervous system
Ongoing	Use mini rituals when triggered, self-love first	Attachment fades

‘Closure isn’t given. Closure is claimed.’