



Cord Cutting Ritual

Take Your Energy Back

(AKA: “we’re done dragging this energy around”)



What This Is

This Isn't:

🌸 “delete all memories”

🌸 “never think about them again”

This Is:

Taking your energy back from
something that still has a grip on
you.



Ritual Steps:

What You Need

Keep it simple:



2 candles (or 1 if that's all you've got)



Something to cut (scissors, string, imaginary—yes really)



Optional: salt (grounding)



You, not distracted for 10–15 mins.



Ritual Steps:

Setup

Sit somewhere quiet

Phone down (don't be that person mid-ritual scrolling).

Take a few slow breaths

Picture:

🌸 You on one side

🌸 The person/situation/energy on the other.

Between you:

🌸 A cord (doesn't matter what it looks like—just real to you).



Ritual Steps:

Step by Step Process:

Step 1: Call It Out

Say it out loud or in your head:

“This connection existed. It had meaning. But it does not get access to me anymore.”

No pretending it didn't matter. That's fake healing.



Ritual Steps:

Step by Step Process:

🔥 Step 2: Feel It (this is the part people skip)

Let whatever comes up... come up:

Anger

Sadness

Confusion

“why did I tolerate that”

Don't analyze it. Just feel it.



Ritual Steps:

Step by Step Process:

Step 3: Cut

Visualize yourself:

 Taking the cord

 Cutting the cord

Say:

“I release you.

I take my energy back.

What’s mine returns to me.

What’s yours stays with you.”

No begging. No hesitation. Just done.



Ritual Steps:

Step by Step Process:

♥ Step 4: Seal It

Picture the place where the cord was:

🌸 Closing

🌸 Sealing

🌸 Your energy coming back into you

If you used candles:

Let them burn a bit

or blow them out with intention.



Optional Grounding

Touch the floor

Wash your hands

Step outside

Remind your body:

🌸 “I’m here. I’m safe. I’m in control.”



What Happens After

You might:

Feel lighter

Feel nothing (normal)

Randomly think about them again later

That doesn't mean it didn't work.

It means:

🌸 Your brain is catching up to your decision.



Important

Cord cutting is NOT:

🌸 One and done forever

Sometimes you:

🌸 Cut it again 🌸 And again

Until it actually sticks



Final Truth

This isn't about them.

It's about:

You deciding you're done giving your
energy away.



Final Line

You don't need permission to let go.

You just need:

🌸 A moment where you actually mean it.

