

# Cut the Cord + Anchor the New

## *A Ritual Workbook for Releasing Old Stories + Becoming Your Next-Level Self*

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### **Introduction: What We're Doing + Why**

This workbook is here to help you **release the old stories** that keep you stuck and **call in the new version of yourself** who is ready to shine. Think of this as a ceremony on paper. We'll be cutting energetic cords, reflecting with oracle cards, anchoring a new identity through tapping, and even planting dream seeds to guide your becoming.

Every section has a short intro (the why), a simple practice (the how), and space for you to reflect (the integration). Keep it light. Keep it real. Trust your body and your intuition.



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## **Section 2: The Cord-Cutting Ritual**

**Why:** Cutting the cords clears your energy so you feel lighter, freer, and more yourself.

**Practice:** Choose your “**energy scissors**” — a crystal, a pair of scissors, your hand, or even your finger. Imagine cutting those golden cords away from you. Shake, yawn, or move your body to help release.

**Prompt:**

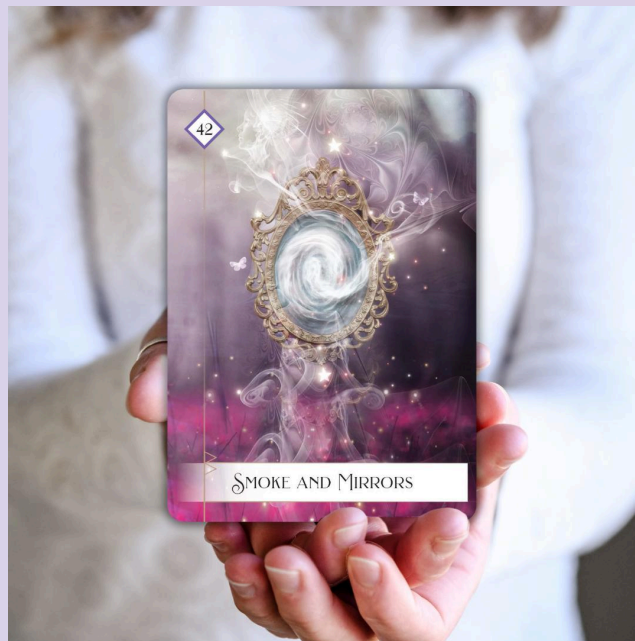
- How did my body feel as I released?

- What shifts did I notice?

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## ☀️ Section 3: Oracle Reflection — Cards Pulled by Jeana McDonald

**Why:** Oracle cards give us a mirror for the energies we are releasing and calling in.



**Smoke + Mirrors (Release):** This card reminds us that many of our old stories are illusions — just smoke and mirrors. They only *seem* real because we've believed them.

**Prompt:** What story in my life turned out to be smoke and mirrors? How does it feel to let it go?

**Earth Magic (Becoming):** This card grounds us in our own magic and reminds us we can walk barefoot into our power.



**Prompt:** Where do I feel connected to Earth's magic? What practices light me up?

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## Section 4: Anchor the New Identity (EFT Tapping)

**Why:** Tapping helps calm the nervous system and anchor new truths into your body. Here, we're tapping into sovereignty — choosing to embrace our becoming.

**Quick Intro to EFT:** Gently tap on these points while repeating affirmations:

- Side of hand (karate chop)
- Top of head
- Eyebrows (inner + outer)
- Under eyes
- Under nose
- Chin
- Collarbone
- Underarm (bra line)

**Practice:** As you tap, say:

*“I now choose to anchor in this new identity. I love her already. I embrace who I am becoming.”*

**Prompt:**

- What new identity am I choosing?
- How will she/he/they show up each day?

**Optional Crystals:** Amethyst for clarity + sovereignty, Rose Quartz for self-love, Citrine for confidence.

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## Section 5: Dream Seeding

**Why:** Dream seeding is an ancient practice of letting your subconscious guide you. Writing down your intentions and placing them under your pillow invites answers through dreams, signs, and synchronicities.

**Practice:** Tap on your third eye (between your eyebrows) with your fingers or hold an amethyst. Ask:

*“What do I need to release or know to step into my next-level self?”*

Write your answer or intention. Place it under your pillow before bed. Notice what dreams, ideas, or nudges come in the next days.

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## ✨ Section 6: Becoming

**Why:** Reflection and visioning help lock in your transformation.

**Prompts:**

- What did I release today?
- What space did that clear for me?
- What does my next-level archetype look like? (Hero, Goddess, Wonder Woman, Creator, etc.)
- How can I stay connected daily (music, mantra, movement, meditation)?

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 **Final Words**

You've cut the cords. You've called in the new. You've planted seeds for your becoming.

This isn't about pretending. It's about **being**.

Walk barefoot into your magic. Trust your body. Trust your becoming.

With love + gratitude,

**Tammy Mack & Jeana McDonald**

