

## **CUTTING THE TIES THAT BIND**

This is an effective method of cutting uncomfortable or intolerable ties that bind you to someone. It applies equally to loving relationships and to painful or hostile ones.

It **MUST** be conducted in a spirit of complete detachment, forgiveness and compassion - **NOT** in a spirit of anger or revenge. Its aim is to free **BOTH** parties from any negative ties that bind them together; and to release them both to form a stronger relationship - or to go their respective ways **WITHOUT** being burdened with all the old emotional luggage they've been carrying around with them so long!

1. In a quiet room, sit on a chair and close your eyes. Envisage the other person sitting opposite you. **SEE** them, see the clothes they are wearing. There is no emotion between you - especially no anger. You are both in neutral...
2. Now see two **BLUE** rings of neon light on the floor, encircling you both, forming a large figure 8. Follow this figure of 8 with your mind's eye, until it is glowing...
3. And now see a **GOLD** figure of eight moving around the **BLUE** one. Each time the gold light crosses between you on the floor, **SEE** the blue 8 being cut into two separate circles...
4. You and the other person are now sitting in two separate, self-contained circles. The negative ties that have been binding you both together have now been **CUT**. You are now both **FREE**...

REPEAT this private ritual, morning and evening, for two weeks.

## **CUTTING THE TIES THAT BIND THE COMPLETION CEREMONY**

1. Stand up. Close your eyes. Envisage the other person standing opposite you. Reassure him or her that this ceremony - like the ritual you have been doing for the past two weeks - will be conducted in a spirit of goodwill and forgiveness that will release you both...
2. Now **SEE** all the ties between you. What colour are they? What are they made of? Where do they join your two bodies? (Head? Throat? Heart? Solar plexus? Hands? Groin?)
3. Now envisage a pair of scissors, and **CUT** the ties one by one, close to the other person's body and to your own. Throw the discarded ties away. Heal the places on both of your bodies where the ties once were...
4. Ask the other person to forgive you for any annoyance, pain or aggravation you have caused them, deliberately or otherwise...
5. Now forgive them for any pain or annoyance they have caused you, deliberately or otherwise...
6. If the person is a parent, thank him or her for bringing you into the world. If it's another kind of relationship, thank them for all the positive things that have come out of your relationship with them. [And remember, pain, suffering and hardship, emotional or otherwise, are almost invariably one of the tests or initiations we set ourselves - even though they often manifest through other people...]
7. Send the other person off in their own direction - free at last from their past ties or conflict with - or dependency on - you; no longer obsessed by you or resenting you; stronger now, and completely self-sufficient...
8. Now find your ideal beach. Throw off your old clothes. Burn them. Jump into the sea; feel the emotion of your release and freedom. [OR fly out over the sea, then return to the beach.] There are some new clothes waiting for you. Put them on, and go on your way - confident, light of step, free at last of all the emotional luggage that has been weighing you down...

***This must be done in love and can serve a higher purpose.***