Ritual
Cutting the ties that bind

Summary and adaptation of the original text from the book ‘Cutting the ties that bind’, written by Phyllis Kristal.

This ritual is for all people who are age 14 or older. The ritual serves to let go of negative energy, located in our aura, coming from the ties that bind us to our parents, other members of our family, our partner, colleagues, etcetera. These ties we have generated ourselves, by our thoughts and emotions towards them. Also they have generated similar ties, for the same reasons. The aim of the ritual is to make space for a relationship based equality, (unconditional) love, respect and liberty. This ritual serves also as a rite of puberty. Children are living in the aura of the mother until the age 14. From 12 or 13 years onwards, the child gradually begins to separate itself from the aura of the mother. Around 14 years, the child leaves definitively, to start living only in its own aura. This is the beginning of a new stage in life. This rite helps mother and child to better live through this transition. It would be ideal, if mother and child would both do the ritual.

If you do the ritual for the first time, you should start doing it with your parents.

The ritual
1. Talking (in your thoughts!) with the soul of the person you’re going to do the ritual with
   - You explain the person that the ritual you will be doing is something good, and that you are doing it to improve and heal the relationship between you and this person.
   - You explain the person that with this ritual you are going to cut the ties that bind.
   - You explain the person that you want to have a relationship based on love and respect for this person, with complete liberty.
   - In real life there is no need to tell the other person you are doing the ritual.

2. Drawing a golden 8 (made out of 2 connected circles)
   a. Imagine yourself sitting in a golden circle. Draw this circle with your hand, at and an arm distance around you.

   ![Diagram](image1.png)

   b. Imagine another golden circle, which is touching your circle in front of you. In this circle, you imagine the person with whom you will be doing the ritual. The golden circle is protecting you from any negative energy (thoughts, emotions etcetera) coming from this person.

   ![Diagram](image2.png)
c. In case that you do this ritual with your parents, ask them in your thoughts, who wants to be first. In case of no response, you should start doing the ritual with your mother. Imagine the person in the imaginary circle in front of you. You can also write his/her name on a piece of paper and place it in the circle. You can also use a photo. Everything that helps you to visualize better, you can use.

d. **Imagine a blue neon light**, and visualize it streaming in the golden 8. You begin to let it stream around the other person, and then around you. In this way, you visualize the neon light circling continuously within the golden 8.

e. As you move the light, tell yourself in thoughts:
'Let everything that belongs to me, stay with me, and everything that belongs to .................... (name of the person), stays with him / her.
In this way your subconscious mind receives the message and starts working.

f. Continue to circulate this light, saying these words until you lose concentration. You repeat it a few times a day, imagining that the stream of blue neon light is continuously flowing, and that you ‘give it an extra swing’ by visualizing it a few times a day.

g. You can draw a golden 8 on a sheet of paper, and visualize the blue neon light circling in the golden 8, by drawing it with a pen.

3. **Make a table, in which you point down all thoughts, memories, features of the person you’re doing the ritual with, as they come up, during the 14 days process.** The memories you have, you should write them down, according to the way you perceived them at the time. For example, if you are doing the ritual with your parents, write the memories during your childhood, like you perceived them as a child. Writing down all good things in the positive column, all the bad things in the negative column. Apart from the memories which will come up spontaneously, you can consciously ask your subconscious mind to show you memories. Try to write something down every day, to be able to form a complete ‘picture’ of the person.

<table>
<thead>
<tr>
<th>Positive emotions, memories and characteristics</th>
<th>Negative emotions, memories and characteristics</th>
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Work with steps 2 and 3 for 14 days.

4. Cutting the ties

After having done the step 2 and 3 for 14 days:
1. Table
Read everything you've written down in the table.
Say thanks for everything the person has done well, for all the good memories, for all his/her positive aspects. Forgive the person for everything he has done wrong, for the bad memories, his bad aspects. Ask the person forgiveness for everything you've done wrong.
Destroy the sheets of paper and throw it away.

2. Cutting the ties
a. Imagine the golden 8 again as you have done for the last 14 days.
b. Again explain to the person as you already explained in step 1.
c. Ask your subconscious mind to show you how the ties are looking between you and the person. They might look like blood veins, like metal wires, like wood, roots of a tree, etcetera. Also ask your subconscious mind how you can cut these ties.
d. Now you know how the ties look like, and how you should cut them, carefully start cutting them. Cut the in the middle, and return to the other person the part of the tie belonging to him/her, and return your part to yourself. Visualize all aspects of the cutting, like surgery, including every necessary step. For example, if you were visualizing cutting blood veins, you heal and treat the wound. It is important to execute the whole operation with love and respect, towards yourself, and towards the other.
At the end of the operation, imagine covering the whole operation with a soft, rose colored, cloth, symbolizing love. Say thank you towards the other, because of what we have learned about ourselves, through the other, the other being symbol of a mirror of ourselves.

5. After cutting the ties
- For 3 days, your soul will be unbalanced. It is important not to talk about the ritual with another person to not disturb the process of the subconscious mind.
- During these 3 days it would be good to take a shower several times a day, to help cleanse the aura of all negative energy.
- You can write a letter to the person, writing everything that you still wanted to tell him/her. Read it, than destroy the letter and throw it away.

6. Watch your personal changes;
It may be that after having done this ritual, you see people with different eyes; because for example you have cleaned yourself from 'the way of seeing the world as seen through the eyes of your father. "
It may be that you start to enjoy things, customs, that you never before have been enjoying; because before you had bad memories about these things or customs.
You may notice important changes in your relationship with the person, directly after doing the ritual. It may be that the other person is changing his/her behavior towards you.
It may also take a few weeks to several months to notice any change.

7. After a break of at least 2 weeks, you can start doing the ritual with another person.

You can also use this ritual to get rid of bad habits, addictions and so on.