

## **Cord Cutting Prayer**

I call on my guides, angels and loved ones on the other side to help me in this task. I wish to cut any energetic cords and free myself for all eternity from (Name) so both of us may go free from any ties that bind us and any and all energy attachments from the past.

It is time to move past the experiences we have shared. I am thankful for what time we have shared, all that I have learned, and the lessons given, but this attachment is no longer needed and is holding me back from my 'now.'

I now ask for all cords to be cut, for all energetic cords physically connecting the two of us be removed, dissolved, transmuted and cut free and all energy be returned to the original sender.

It is my intention that no more energy attachments be hooked onto me from (Name) ever again.

With forgiveness and peace, I release them to move away from me and move on as I do the same.

*Amen*