

THE CORD CUTTING RITUAL

How to Locate and Sever
Emotional Attachments



J E A N A H J E N S

*The complete ritual, as I perform it,
written so you can take your power back.*

Psychic healer — 47 years in practice · Spokane, Washington
509-939-1995

BEYOND TAROT AND MORE

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UNDERSTANDING

Understanding cord-cutting

What it means, and why it pulls.

Understanding Cord-Cutting

You may be wondering what it means to cut cords.

Sometimes something seems to pull on our energy long after an experience has ended. It can feel as though part of your spirit is still caught in a memory, a wound, a place, a fear, a pattern, or an old version of yourself. It may feel like being held back, blocked, or unable to fully move forward.

In energetic healing, this is often described as a cord attached to your navel. It can feel like dark cobwebs around your aura. It feels heavy, dark and unfamiliar. You may carry emotions that do not belong in your present day life anymore.

Cord-cutting is the choice to stop feeding what drains you. It is the moment you decide that the pain does not get to own the rest of your story.

You do not have to walk into this alone.

Call Jeanah for a cord cutting session

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47 YEARS IN PRACTICE · SPOKANE,
WASHINGTON

What Emotional Cord-Cutting Releases

Emotional cord-cutting severs unhealthy energetic attachments and ties.

This can include trauma, grief, draining relationships, painful environments, harmful habits, addictions, fear, shame, old beliefs, repeating patterns, psychic attacks and any experience that has left your energy feeling scattered and depleted.

This ritual is a way of saying

I release what is not mine to keep. I break free, and I reclaim my life and power back.

02

IS THIS YOU

Who this
ritual
is for

Six ways a cord makes itself known.

Who this ritual is for

This work is for you if you are carrying any of the following.

Grief that has not moved

Loss that settled in and never lifted, however much time has passed.

A relationship that ended but did not release you

They are gone. The pull is not.

Trauma held in the body

An experience your mind has processed and your energy has not.

Patterns you keep repeating

The same situation, the same people, different faces.

Draining environments or habits

Places, routines and attachments that take more than they return, including addiction and compulsion.

Psychic attack or unwanted attachment

Energy directed at you that you never agreed to carry.

*Not sure the stone you have is right,
or where to begin?*

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ONE CALL, AND YOU WILL KNOW

03

THE STONE

Why black obsidian

Volcanic glass, not crystal.

Black Obsidian Arrowhead Stone

Black obsidian is not technically a mineral or crystal. It is volcanic glass, created when molten lava cools so quickly that its molecules do not form the geometric patterns found in crystals.

It carries the energy of primal heat, fire, and ash. It is swift, dark in color, protective, and powerful.

Obsidian is often used to absorb heavy energy and brings hidden truth to the surface.

An obsidian arrowhead can become a sacred tool for this work: a symbol of the clean, clear choice to cut away what has attached itself to you.

Use obsidian, and only obsidian

It's very important that you just use an obsidian stone for this ritual.

Sourcing a genuine arrowhead

This is the question I am asked most, after "how do I start".

Look for knapped obsidian, not moulded: a real arrowhead shows the shallow scalloped scars where flakes were struck away, and its edge is slightly irregular under the light.

Moulded glass reproductions have a uniform edge and often a faint seam.

Hold it to a strong light at the thinnest part. True obsidian glows a deep brown-red or green at the edge rather than staying flat black. It feels cool and heavier than it looks, and it warms slowly in the hand.

Buy from a rock and mineral dealer or a lapidary rather than a costume or novelty supplier, and avoid anything described as "obsidian-style" or "black glass". Mahogany and snowflake obsidian are both genuine and both work. Handle the edge with respect: it is glass, and a knapped edge is sharper than it looks.

Symbolism

Black obsidian represents raw truth. It grounds you through the root chakra and carries protective energy.

A ceremonial obsidian arrowhead stone, or knife strengthens personal boundaries. It helps you clear your energy, call yourself back, and remember where you end and the old pain begins.

It is not about fighting your past. It is about no longer giving your past permission to rule your present.

*Some cords are heavier than others.
If yours will not move, it is not a failure on
your part.*

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WE CAN DO THIS WORK TOGETHER

04

THE PRACTICE

How to perform the ritual

Four steps, in the order I work them.

How To Perform This Powerful Ritual

STEP ONE

Set your intention

Sit or lie somewhere you can be fully comfortable. Acknowledge what you are releasing: a painful emotional pattern, past event, dark shadows, karmic or soul contract, trauma, wound, fear, grief, or attachment that no longer belongs in your life.

STEP TWO

Use a cutting motion, sound, and breath

Put your left hand around your navel. You will use your right hand to pull the root out of the navel. Call out your intention and grab the root and start pulling.

Breathe deeply and cut with the obsidian arrowhead stone. Slicing it all away. Let your body release with sound, then return your awareness back to your navel. Check in with yourself: what emotion is ready to come forth next?

Continue until the cords are cut and destroyed across all dimensions, timelines and places, never to return again. Keep repeating the process until you feel empty. The large root you start with will change forms with each round. Stay with the process to the end.

STEP THREE

Closing

Bring your awareness to the navel and back inside yourself. Check in with the empty space that has opened. Always fill it with something wonderful that's new and exciting.

Take deep breaths in and visualise what you now want to receive: peace, love, strength, safety, clarity, confidence, joy, or freedom. Use your hands to press that new energy gently into your navel. Now you can begin growing yourself for the future.

STEP FOUR

Cleanse your obsidian arrowhead stone

Cleanse your obsidian stone with warm running water, moonlight, or sacred smoke.

Carrying something you have never said out loud?

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TOLD ONCE, IN CONFIDENCE, TO SOMEONE
WHO HAS HEARD IT BEFORE

05

THE BATH

Detox cord-cutting bath

For afterwards, or when energy feels scattered.

Detox Emotional Cord-Cutting Bath

The bath recipe

Begin by placing the black obsidian chips into a glass bottle. Add five to 10 drops of your chosen essential oil over the obsidian stones, then allow it to sit for a little while so the intention of the ritual can settle into the blend.

Prepare your carrier oil. When you are ready, combine a small amount of the oil mixture with it.

Draw a warm bath for yourself. Light a candle. Turn on music that makes you feel held, soft, and present.

Add one cup of Epsom salts and one cup of magnesium flakes to the water. Then add a small amount of your prepared oil blend.

Slide into the water and allow yourself to rest there for thirty minutes. Close your eyes. Breathe slowly. Let the water become a place where you no longer have to hold everything together.

Repeat the emotional cord-cutting prayer quietly, as many times as you need. Let the words move through you until you begin to feel true in your body, mind and spirit. Stay for 30 minutes and when you are ready to finish, watch the water spiral down the drain. See all the old pain, stories, and old energy fall away from you. You are not taking anything with you.

Step out, towel dry, and move gently into bed. Keep the music on. Let yourself enter your dream lodge.

Relaxed, renewed, and open to the timeless beauty of who you really are.

06

AFTERWARDS

Benefits
you will
feel

And how to stay clear.

Benefits You Will Feel After the Cord Cutting

After this ritual, you may feel a sense of energetic relief and renewed energy.

Your body may feel lighter after releasing heavy emotional baggage. Your focus can sharpen. Your personal power can return. New boundaries may begin to form with greater mental clarity.

You may feel a new level of sovereignty: a quiet freedom that comes from remembering you are no longer available for what drains you.

Steps to Stay Clear

- Block the person, environment, pattern, or influence that continues to pull you backwards.
- Delete old messages or reminders of your old story.
- Avoid places or situations that keep reopening the wound.
- Stop checking for signs, updates, or proof that keeps you tied to the old story.
- Interrupt the mind chatter. Return to your breath, your body, and the life in front of you.

You have released what was holding you
Now choose what gets to stay.

Stuck part-way through? Call Jeanah for a
cord cutting session

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07

PRINTABLE

The printable kit

Five pages to keep beside you.

The ritual, at a glance

- 1 Set your intention**
Comfortable, undisturbed. Name exactly what you are releasing. Say it out loud.
- 2 Find the cord**
Left hand around the navel. Right hand ready to pull the root out.
- 3 Pull, and cut**
Call out the intention. Pull the root. Breathe deeply. Cut with the obsidian. Let sound out.
- 4 Check in, and repeat**
Back to the navel. What is ready next? Keep going until you feel empty. Do not stop at the first cut.
- 5 Fill the space**
Never leave it empty. Breathe in what you want: peace, strength, safety, clarity, freedom. Press it into the navel with your hands.
- 6 Cleanse your stone**
Warm running water, moonlight, or sacred smoke. Do not store it carrying what you released.

The prayer and the declaration

EMOTIONAL CORD-CUTTING PRAYER

I release all contracts, cords, and energies that keep my spirit trapped. I declare that I am free and reclaim my power. My lessons have been learned, and my old emotions and memories are cleared. I can now move forward ensured and ready for the future to open up to me. I make space for the unknown to appear and trust what the future has in store for me.

I release my past.

I take control and regulate my present.

I reclaim myself and walk down the new path to love and light.

What to gather

For the ritual

- 01 A black obsidian arrowhead
- 02 A quiet room, uninterrupted
- 03 Somewhere to sit or lie comfortably
- 04 Your named intention, written down

For the detox bath

- 01 Black obsidian chips
- 02 Essential oil, your favourite — 5 to 10 drops
- 03 A carrier oil: jojoba, coconut or almond
- 04 Epsom salts — one cup
- 05 Magnesium flakes — one cup
- 06 A candle
- 07 Music that makes you feel held
- 08 A glass bottle

Before you buy the stone

Knapped, not moulded. Scalloped flake scars, a slightly irregular edge, and a deep brown-red or green glow at the thinnest part when held to a strong light. From a rock, mineral or lapidary dealer. Not “obsidian-style”, not “black glass”.

Naming what you are releasing

Vagueness gives the ritual nothing to cut. Work through these before you begin. Write plainly — nobody else is going to read this.

What or who am I still attached to?

How long has it been drawing on me?

What does it cost me? Name it concretely — sleep, focus, trust, a relationship, my health.

Has its reason ended, or is it simply uncomfortable right now? (If it is the second, this is not the work.)

In one sentence, said aloud: what I am releasing is —

And what I am filling the space with is —

After-log

DATE :	ROUND :	FELT :
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The cords change form as you work. Recording each round tells you whether something is still coming forward, and it is how you know when you are genuinely empty rather than merely tired.

ROUND	WHAT CAME FORWARD	WHERE I FELT IT	WHAT I FILLED THE SPACE WITH
1			
2			
3			
4			
5			
6			
7			

Date performed, and anything I want to remember

Having Trouble With The Emotion? That is
the most common place to get stuck. Call
Jeanah

509-939-1995

Work with Jeanah



I am Jeanah Jens. I have been in practice for 47 years, working in the psychic healing realm, and emotional cord-cutting has given me some of the most complete results I have seen in my clients.

Some cords are heavier than others. If you have worked through this ritual and can still feel something holding, or you would rather not walk into it alone, we can do this work together.

Call for a brief consultation

Tell me what you are carrying, and I will tell
you honestly whether this is the work you
need.

CALL JEANAH

509-939-1995

Beyond Tarot And More — intuitive counsel, empathic wisdom, and psychic readings with Jeanah Jens.
Spokane, Washington.