

## Cutting the Cord to Imbalanced Power Dynamics: A Living Altar Ritual Service

This past Monday we created ritual to facilitate releasing, cutting, and dissolving cords to those who represent us in positions of power on political platforms, as well as any dynamic in our lives where there is an imbalance of power that manifests in an unhealthy and toxic way. We built our altar, gathered offerings for the spirits and ancestors, and set a container.

Aquarius is revolutionary, it disrupts, and sees the larger picture of change and evolution, so this is a great time to be cutting cords to dynamics that keep us out of our power. Remember that the energy of the Full Moon builds, and is accessible during the Gibbous phases as well; rituals performed during this window will gather energy for us to access thru the following lunation.

Here are instructions for doing this ritual of cord cutting at home for the Full Moon in Aquarius. You may complete this spell through meditation, visualization, and/or active spell and altar workings. What you will need:

- Offerings of fruit & libations (wine, pomegranate juice, coffee...) for the spirits
- 2 Small White Candles (chime/tea lights/birthday candles are fine, longer burning candles will extend the active spell time)
- 1 Lemon
- 4 apples
- Cinnamon Powder
- Fresh flowers
- Twine or thin rope
- Sewing Thread / Embroidery Floss -whatever color represents your personal power
- Scissors
- Knife & Cutting Board
- A bone / Crystal / Think Stick / Rock
- A Mirror
- Fireproof Cauldron / Bowl to put everything in to burn (take appropriate safety precautions including performing this spell outside if possible, modifying it as necessary to feel safe, and having a fire extinguisher at the ready...)

Start by setting a container, prayer, and intention for your ritual. Identify for yourself the cords and it's inherent power dynamics that you are going to be severing. Make offerings to your spirits with the fruit and libations. Begin by setting boundaries and protections by cutting each apple in half so the star of the apple shows. Sprinkling each half with cinnamon and set each pair around the periphery of your altar space; this sets your boundaries and protections before getting into the deeper work.

Measure an arm's length of both the twine and the thread. Weave and twirl the twine and thread together- the twine represents the cord and the colored thread represents your power that you will be calling back to you from the relationship you are cutting cords with. Tie a knot in the middle, this represents the relationship itself and invokes a boundary to separate Self from that which you are cutting cords from.

Cut down one flower leaving about three inches stem from the base of the flower, this represents you. Cutting the flower from the stalk ritualizes your liberation from any internalized toxic beliefs and patterns forged in the relationship. Tie the twine and thread to the base of the stem. Tie the other end of the twine and thread to the bone/stick/stone/rock. The bone/stick/stone/crystal represents a body for that with whom you're cutting cords.

Place the bone in the cauldron with the severed stalk. Place the cut flower, representing you, outside of the cauldron on a mirrored altar and light one of the candles. This altar protects you while calling your power back to you. Sprinkle lemon juice on and around the bone and on the contents in the cauldron, this will amplify the cleansing and clearing.

Place the second candle in cauldron, light the candle and the twine and allow it to burn. You can dress and bless the candles in this spell to empower your intentions if you desire. You can add a very small amount of a very mild accelerant such as Florida Water, wax, or rubbing alcohol (do not use a chemical accelerant like lighter fluid); be very careful to do so prior to lighting the candle. Use an extended reach lighter to safely light the cauldron. As it burns call to your power, your sovereignty, and energy to return to you. '

Repeat a Spell of Cord Cutting during this time. You can use the following as a guide:

"I cancel, release, and clear all bindings, contracts, oaths, agreements to this relationship rooted in unbalanced power dynamics. I release all toxic patterns and false beliefs sourced from this relationship, spoken and unspoken, known and unknown. I declare this through all time, space, and dimensions. Through all permeations, iterations, mirror universes, and all alternate and phantom fields. I close any back-doors or loop-holes. I choose to call back and receive my full power, agency, sovereignty, and