

Cord-Cutting with Archangel Michael

This involves connecting with Archangel Michael through visualisation to release negative and toxic ties (cords) to anyone, so you can move on. Good for letting go of emotional vampires, negative familial behavioural patterning, psychic attacks (these can be unintentional), and more.

- 1) Be comfortable, sitting or lying down, just as if you were about to go into meditation.
- 2) Feel yourself relax. Centre yourself in your mind. Breathe in and out, deeply and slowly, three times. And then carry on breathing calmly, as normal.
- 3) When you are ready, say **“Archangel Michael, I ask you to help me cut the cords that connect me with _____ (insert the name of the person you’d like to cut cords with) and help me release all negative and toxic attachment to _____ (insert the event or situation concerning that person you are releasing). I wish _____ (name of person) all the best, but I do not need these cords tying me to him/her any more.”** (Don’t worry if your words aren’t *exactly* like above – similar words will do – go with what feels right – the key is to really *feel it*)
- 4) As you say the above, you will probably feel the cords that you speak of, and where they’re attached to you in your body (your heart, your solar plexus, it could be anywhere).
- 5) After you have said the above, and when you are ready, feel or see Archangel Michael’s presence in the room with you. It’s loving, warm, and although powerful, so gentle. He will look after you. Imagine him lifting his luminous sword of light. He can see where the cords are, just as you can feel them tugging at you. See him bring down his sword towards the cords, and with one, powerful movement, he has cut through them all.
- 6) Feel the release, and take a deep breath in. Let it out and feel how much lighter you already are!
- 7) Keep breathing in and out until you feel calm and balanced – there is no rush.
- 8) Then say, **“Thank you, Archangel Michael. I ask that you offer me your shield of protection for the rest of the day.”**
- 9) You can imagine this however you like: a warm, golden blanket; a bright white light shining down on you; whatever makes you feel safe.

And that is it. Have a drink of water and a little bite of something healthy to ground you.

You can do the above exercise to cut ties with anyone you wish at any time – and even the same person more than once if you need to – but I recommend only **one** cord-cutting a day or longer if you need more time to process it.