

What “Cutting Cords” Really Means (Grounded View)

“Cords” are **not actual attachments or entities**.

They’re a **symbolic way** to work with:

- Emotional bonds
- Unhealthy patterns
- Lingering stress responses
- Old relational dynamics
- Internalized expectations or guilt

Cord-cutting is essentially a **guided boundary-setting ritual** that helps your nervous system and subconscious release what no longer serves you.

Can You Use a Selenite Wand?

Yes — **as a ritual tool**, not as a weapon or extractor.

Selenite works well because it is commonly associated with:

- Clarity
- Calm focus
- Gentle intention
- Non-forceful symbolism

Importantly:

Selenite is **non-threatening** in tone, which makes it safer psychologically than blades, fire, or aggressive imagery.

How to Do It Safely & Ethically

Simple Grounded Cord-Release Ritual (10–15 minutes)

1. Set the frame

Say (out loud or silently):

“This is a symbolic practice for emotional release and healthy boundaries.”

This keeps the work grounded.

2. Ground first

- Feet on the floor
 - Slow breathing (inhale 4, exhale 6)
 - Feel your body, not your imagination
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3. Use the selenite wand

- Gently move the wand **through the air**, a few inches away from your body
- Focus on areas where you *feel tension*, not where you imagine cords
- Think “release” or “completion,” not “cutting” or “severing”

Avoid dramatic visualization.

4. Closing statement

“I release what no longer belongs to me, and I keep what is mine.”

5. Integrate

- Drink water
 - Sit quietly for a minute
 - Do something normal afterward (walk, eat, tidy)
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What to Avoid (Very Important)

 Do not:

- Visualize cords being violently ripped out
- Focus on enemies, attackers, or entities
- Repeat the ritual obsessively
- Do this while emotionally dysregulated

If someone feels panic, fear, or dissociation — **stop**.

A Healthier Reframe You Can Use (Especially With Clients)

Instead of “cord cutting,” you can say:

- “Energetic boundary release”
- “Symbolic emotional completion”
- “Letting go ritual”
- “Guided boundary reset”

This keeps the practice **supportive, not fear-based**.

When This Practice Is Helpful

- ✓ After breakups
 - ✓ After caregiving burnout
 - ✓ After intense conversations
 - ✓ During grief or transitions
 - ✓ When you feel emotionally “pulled” by something old
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When It’s Not Appropriate

- ✗ For paranoia or fear of attack
 - ✗ For psychosis, delusions, or dissociation
 - ✗ As a replacement for therapy
 - ✗ If someone believes cords are literally attached to them
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Bottom Line

- ✓ Yes, you can use a selenite wand
 - ✓ Use it **gently and symbolically**
 - ✓ Focus on **boundary-setting and emotional release**
 - ✓ Avoid dramatic or fear-based interpretations
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Reiki-Adapted “Energetic Boundary Release”

(Cord-cutting without woo, force, or risk)

How to Name It in Reiki

Use one of these:

- **Energetic Boundary Release**
- **Emotional Release & Completion**
- **Reiki-Guided Letting Go**
- **Boundary Reset within Reiki**

Avoid saying “cord cutting” unless a client uses the term first.

BEFORE THE SESSION (Brief Framing – 30 seconds)

Say this calmly:

“As part of Reiki, I sometimes include a gentle boundary-release practice.
It’s symbolic and intention-based — nothing is removed or forced.
It simply supports your nervous system in letting go of emotional tension that’s ready to release.”

Wait for a nod or verbal yes.

DURING THE SESSION

(10–15 minutes, woven into Reiki)

1. Grounding First (Essential)

- Reiki hands on feet or lower legs
- Slow breath pacing (you breathe slower than the client)

Say quietly:

“Your body is supported. Nothing needs to happen.”

2. Transition to Boundary Release

When the client is clearly relaxed:

“If it feels right, you can allow any old emotional patterns or connections that no longer serve you to soften and complete.”

No visualization required.

3. Using the Selenite Wand (Optional)

- Hold the wand **6–12 inches above the body**
- Slow, smooth passes — no chopping or cutting
- Focus on **areas of tension** (often shoulders, chest, abdomen)

Your internal focus:

Completion, release, neutrality

Avoid imagining cords entirely.

4. Language While Working (Optional, Soft)

You may say once or twice:

“What’s ready to let go can do so gently.”

“Healthy boundaries are restoring themselves naturally.”

Then return to silence.

5. Seal & Integrate

Hands return to heart or abdomen.

Say quietly:

“Your system keeps what it needs and releases the rest.”

AFTER THE SESSION (Integration)

When they're seated:

"Some people feel lighter, calmer, or simply more settled.
Drink water today and take it easy. There's nothing you need to analyze."

Do **not** ask:

- "Did you feel cords release?"
- "Did you see anything?"
- "Who did it feel connected to?"

Let the client lead.

HOW THIS STAYS WITHIN REIKI ETHICS

- ✓ No extraction
- ✓ No diagnosis
- ✓ No claims of removing entities
- ✓ No psychological probing
- ✓ No dependency creation

This is **Reiki-guided regulation**, not shamanic intervention.