

# Cutting of the Ties That Bind

The Cutting of the Ties That Bind is an energetic healing modality very effective when used in conjunction with on-going therapy. It is an extremely effective tool in healing wounds at the subconscious level that traditional forms of therapy are unable to heal. The Cutting of the Ties That Bind is primarily used to heal the negative impacts of parent-children relationships but can also be applied to other relationships such as with other family/friends or significant others. Cutting the Ties That Bind is based on meditation and symbols of the subconscious to heal your inner child. It was introduced by Phyllis Krystal who has written several books on the subject. The process, and the wisdom behind it, is covered in detail in her first book Cutting The Ties That Bind.

Our early life experiences are unavoidably impacted and shaped by the relationships with our parents. As children, we require nurturing, support, and guidance from our parents in order to feel loved unconditionally. Due to our parents' own traumas and limitations of personality, we often do not receive loving support in the way we would like as children. Failure to have our needs adequately met leaves an emotional, energetic, and psychological tie within us connected to the specific ways our parents did not meet our needs. In many cases, we end up mimicking the exact behavior that negatively impacted us. In other cases, we overcorrect to embody the exact opposite of the trait we felt harmed by, leaving us unbalanced and underdeveloped in crucial areas. For example, this lack of balance could manifest in having too much masculine energy and not enough feminine energy. The Cutting of the Ties That Bind aims to restore that balance by identifying the specific points of connection which can be released at an energetic level.

## Benefits of Cutting of the Ties

In the healing process of the Cutting of the Ties That Bind (or simply, Cutting of the Ties), the relationship with one parent impacts your ability to access masculine energy (this is typically the relationship with the father but not in all cases), the other with feminine energy (this is typically the relationship with the mother but not in all cases). Rebalancing feminine energy can help restore a connection to self-love and self-nurturing and forgiveness, among many other behaviors, while rebalancing masculine energy can help with access to confidence, lessening of over efforting and trust in self. Through Cutting of the Ties, you can reduce your reactivity in relationship with the person you are cutting the ties with as well as help you relate to your previous experiences differently if your parent is no longer living. Cutting of the Ties won't only positively impact that one relationship but in fact is meant to help change the way you relate to other individuals if similar to that of the parent.

## Preparation for Cutting of the Ties

### Step 1: Decide when and with whom to Cut the Ties with

Since the Cutting of the Ties process happens at the subconscious and energetic level, it can be difficult to discern when the time is right to begin the process and with whom you are meant to cut ties with. Insight from specific and recurring symbols in your dreams may point to clear

answer. Dreams of negative male interactions can often indicate Cutting the Ties with your father. Similarly, dreams of negative female interactions can indicate Cutting the Ties with your mother. Above all, the most helpful diagnostic tool is an inventory of current relationships. Challenges with your son may point to a need of Cutting the Ties with your father, while challenges with your daughter may point to the need of Cutting of the Ties with your mother.

**\*\*NOTE** it is not recommended you cut the ties with your children.

## Step 2: Make a two-columned list of traits and their impact on you

Once the person is identified make two lists. In the first column, make a list of all the negative traits of that person. In the second column, list how those negative traits impacted you and made you feel. Your dreams can also help point out specific ways in which you were impacted. No two reflections will be the same. The more items on the list the more healing impact you will have from the process.

### An example of the two-columned list of traits

<b>My Mother or Father...</b>	<b>Impact on me</b>
Overachiever	<ul style="list-style-type: none"> <li>- Learned love was conditional</li> <li>- Believed that I wasn't enough without striving</li> <li>- Believed that doing is more important than being</li> </ul>
Loved conditionally	<ul style="list-style-type: none"> <li>- Had to earn love by being a certain way</li> <li>- Feel less then, not enough</li> <li>- Don't know what love looks like in unconditional form</li> </ul>
Disconnected / detached	<ul style="list-style-type: none"> <li>- Feel alone</li> <li>- Have fear of connection</li> </ul>
Hiding self	<ul style="list-style-type: none"> <li>- Can't be my full self</li> <li>- Part of me is more lovable than all of me</li> </ul>
Abandoned me	<ul style="list-style-type: none"> <li>- Have a fear of disconnection so I don't connect</li> <li>- See the worst has already happened so why care?</li> <li>- Feel unlovable</li> </ul>
Always busy	<ul style="list-style-type: none"> <li>- Feel I don't matter</li> <li>- Unseen</li> <li>- Alone – no time for me</li> </ul>
Asleep to self / surface	<ul style="list-style-type: none"> <li>- Asleep to myself too</li> <li>- Focus everywhere but inside</li> <li>- Push away my feelings</li> </ul>
Lonely	<ul style="list-style-type: none"> <li>- Isolated</li> <li>- Unseen</li> <li>- Lonely too</li> </ul>
Vain	<ul style="list-style-type: none"> <li>- Others opinions matter more than my own</li> <li>- Need to show up a certain way to please</li> </ul>

Protected / Guarded	<ul style="list-style-type: none"> <li>- Isolated</li> <li>- Build up my own armor / protection</li> <li>- Can't connect fully</li> </ul>
Did not want another child by the time I was born	<ul style="list-style-type: none"> <li>- Felt ignored</li> <li>- Felt unwanted</li> </ul>
Always needed to be right!	<ul style="list-style-type: none"> <li>- Felt I was always wrong and couldn't speak my truth</li> </ul>

## How to do the Cutting of the Ties Meditation Process

### Step 1: The Initial Recorded Meditation

The Cutting of the Ties process involves an opening recorded meditation done together with me as your facilitator. I will lead you through the meditation, which you will listen to each day thereafter, to help you relax any tension and resistance to the process. For some it can be a challenge to visualize the specifics of the meditation which is normal and not a hindrance to the process. The most important aspect is your intention to release the negative traits and to collaborate with me to guide you through the process. Once you have reached the end of the process, which is determined by several factors there is a final closing meditation completed together.

### Part of the Recorded Meditation

*Imagine you are in a beautiful green field. Draw a golden circle in the ground, about the size of a hula hoop and big enough so that you can stand in it.*

*Now, draw a second golden circle of the same size and touch your golden circle at a single point of contact. The adjoining circles resemble a large infinity symbol. In the second circle, imagine the parent or person you are cutting the ties with is standing across from you in the center of their circle. Because of the size of your circles, you have plenty of space between you. Your parent will not enter your circle. You are safe within your golden circle to begin the rest of the process.*

*Before starting the process, choose an item from the negative trait list which you would like healed. Imagine at the point of contact between your circles, a neon blue light appears. Slowly, move the neon light, counter-clockwise around your circle (to your left and behind you). When the light reaches your left shoulder, stop the light and give to the light the item from the list to include the negative traits, behaviors, etc of the person you are cutting ties with and all your emotions, impact and behavior as a result of the negative connection.*

*Imagine this blue light has the power to remove this trait from you. While moving the light, you might also have visualizations and sensations of heaviness being lifted, or images of weights being removed. Give all of the images and sensations to the power of the blue light. The blue neon light has special healing properties. Feel it strengthening you. When it reaches that point of contact between the two circles, allow it to move to the other circle in a clockwise direction.*

*When the neon blue light completes the rotation around the other circle, allow it to come back into your circle, again going counter-clockwise around your circle. Keep the blue light moving for the duration of the specific indicated time decided upon initially. It is important to stay with the same item, which could be for several days, until there is nothing left emotionally or physically with the item when working with it. Essentially, no charge left regarding the negative item. Do not skip around to other items on the list, stay with one item at a time.*

**(\*\*Refer to Pages 7-10 of the document for a visual representation of guided meditation.\*\*)**

## Step 2: Create a daily Cutting of the Ties practice

Each day, repeat the guided meditation of the blue light moving around the golden circles. Each day you will choose 1-2 traits from your list to release, until it is completely free of any emotional and physical charge. It is recommended you do this process at the same time every day.

## Common Experiences from the Cutting of the Ties

### Somatic Experiences

It is common after a few days, you may begin to experience somatic effects of the process. For example, Cutting the Ties with your father can lead to physical sensations of pain in the legs while Cutting the Ties with your mother can lead to pains in the chest area. Both correspond to the clearing of energy at different chakras. If you have any underlying heart conditions, do not undergo this therapy without the instruction of a skilled therapist and support from a physician. It is also common to develop prolonged colds or respiratory challenges during this process. Monitoring your physical health is an important part of the process and helps bring awareness to the energetic shifts occurring.

### Emotional Experiences

The process is intended to unearth emotions. These emotions have been repressed and not expressed consciously throughout your lifetime. Oftentimes, it can be very intense and surprising to encounter long-dormant emotions. Knowing to expect this can help welcome these challenging emotions and to allow for quicker release. Common emotions that arise are anger, sadness, shame, and grief. I am here to support you through the emotional release, not an option but a requirement in the process so the releasing happens more easily and part of the healing journey is to be witnessed in the process.

### Relational Experiences

If you are in relationship with the person you are Cutting the Ties with, it is advised you set some boundaries for communication while undergoing the process. This could look like being sensitive to the amount of time spent communicating or choosing to avoid certain topics of discussion. As well as setting realistic relationship goals, introducing nothing new in the field between you and having realistic expectations of the person.

During this process, it's common that you might be triggered by a person of the same gender as the one you are Cutting the Ties with. In many cases, this may be your spouse or partner. If possible, setting expectations ahead of time with your partner is recommended. Letting them know that you may temporarily experience some emotional reactivity while undergoing this healing process. Many people find this is a great invitation to deepen connection with their partner.

If you are Cutting the Ties with a parent and your partner shares many of the same negative traits, realize that Cutting the Ties will release you from the negative conditioning you suffered and it can cause tension in your relationship. You will shift through the process and your energy and awareness will expand and change. It is important to understand during the process there will be challenges and desires to make drastic decisions. It is important NOT to make any big decisions regarding any aspect of your life until after the process has been completed and time has helped the integration of the changes within your body and mind. A supportive and loving partner can help greatly when cutting the ties. However, notify your partner you are going through the process.

Additionally, you can expect me to help support you during the emotional highs and lows. It is important to lean into our alliance as the support will help you move through the tender moments more gently as you are opening to new awareness within the emotional experience.

## Completing the Cutting of the Ties

### Step 1: Assess you are ready to complete the process

The average time to complete is 8 weeks, however, it can vary per person. Your dreams will be a helpful indicator in knowing if your process is complete. Your dream patterns should now reflect supportive male or female figures, depending on who you did the Cutting of the Ties with. Other experiences will also help confirm, based on your reporting, any distinctive shifts related to the wounds being healed. You will have a more grounded and lighter feeling, more awareness settling into the body and mind and an inner knowing you have been through a process which has shifted you deeply.

### Step 2: Completion of the Cutting of the Ties

Once it is determined you have reached the fullest capacity of the healing modality the final meditation will be done together in session.

## FAQ

### How often do I do the meditation?

Every day until the process is completed.

### What time of day do I need to complete the daily meditation?

It is recommended that you do the meditation at the same time of day each day within a few hours of the original time the meditation was started

## How long will the process take?

The process takes an average of 8-weeks. However, it is different for each person.

## How will I know when I am done?

Your dreams will indicate a positive shift in relationships with men or women depending on the person who was selected to heal with. If you are not able to remember your dreams there are other indicators the process is complete, such as more regulated emotional reactivity and you begin to experience life differently with others.

## How will this process impact my relationship with the person I am Cutting the Ties with?

It should help reduce reactivity and help bring more spaciousness into the relationship. A better understanding of what occurred which caused the wounds as well as less triggers and more openness related to the overall experience.

## Can I do this process with someone who is deceased?

Yes.

## Can you Cut the Ties with someone other than a parent?

Yes, some people choose to do the process with an ex-partner as an example. However, it is not recommended you do this process with your child.

## Do I need to Cut the Ties with both of my parents?

Your dreams, health of your current relationships, and the guidance of your therapist should help you decide who to cut ties with. It's common for people to choose both parents but it's not always needed.

## How do I know what traits to add to the list?

Start with negative qualities in your dreams (ex: being ignored by men in a dream), take time to reflect on other traits that come to mind, and also consult your therapist for any others which should be added.

## What happens when I give back what is no longer mine? Will the other person be impacted negatively?

By doing this process, you are energetically returning what is never yours to hold. On an energetic level, you are helping the other person take responsibility for their impact on you. It is often reported after a completion of the Cutting the Ties for synchronicities to occur involving the person with whom you cut the ties with.

## Can I drink alcohol or take other substances during the process?

It is recommended to not take any substance which will numb the body and mind during the Cutting the Ties. The purpose of this healing modality is to bring up what has been stored in the mind and body to release fully so you may heal your wounds and shift your energy and conscious awareness.

## Can I do other energy work during this process?

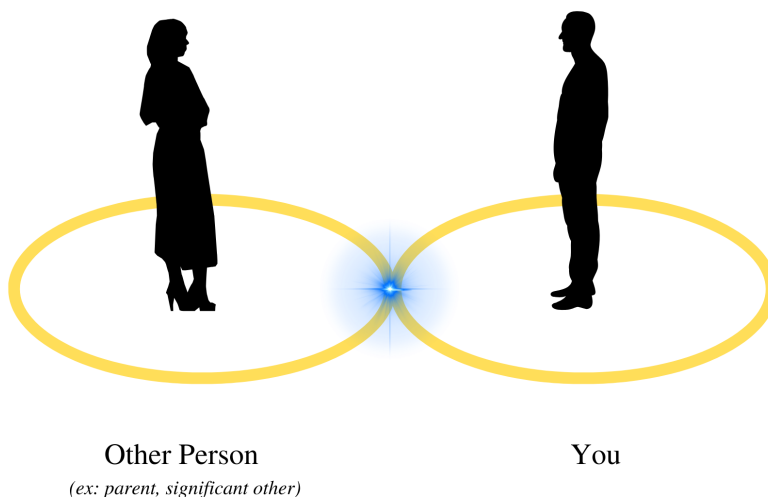
No, it is not recommended to engage in other energy work as it can disrupt the energy being pulled each day connected to the cords associated with the wound you are trying to heal. If someone isn't familiar with this process they may inadvertently disrupt or cut the cord unintentionally and you would have to restart the process at some future time.

## Can I talk to others about the process while I am doing the Cutting of the Ties?

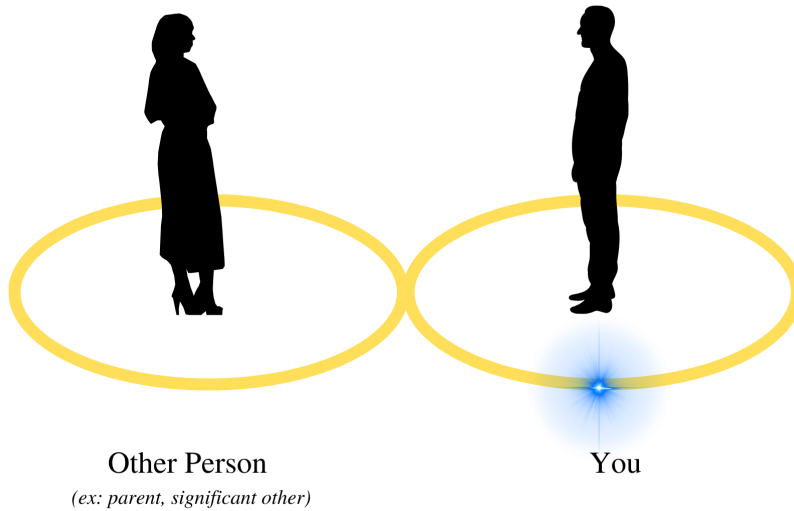
It's recommended that you only discuss those who will support you and not bring in negative energy into the process.

## Visual Representation of the Guided Meditation (6 Steps)

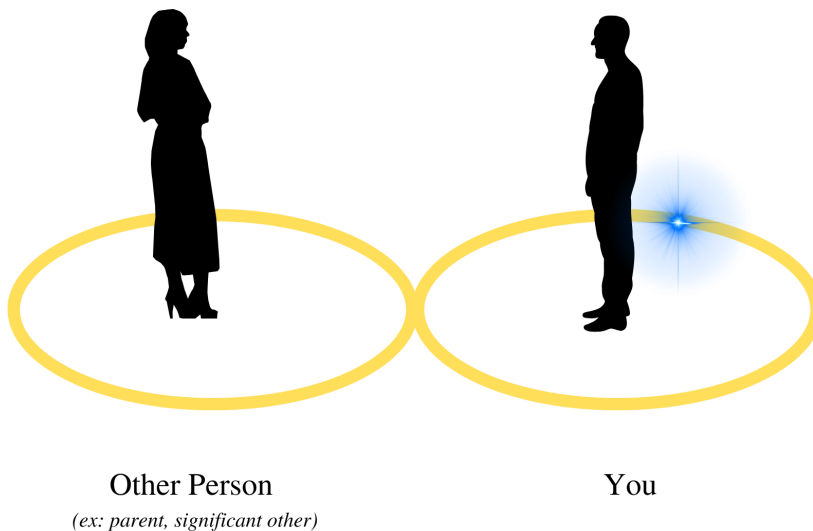
**Step 1:** Select a trait from your two-column list. Start with the blue light at the meeting point of your circles.



**Step 2:** Move the blue neon light counter-clockwise around your circle. When the blue neon light reaches your left shoulder, give your selected negative trait to the blue light.

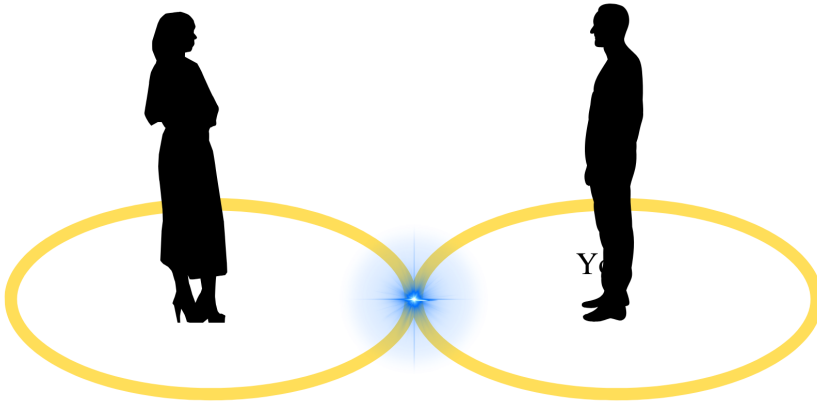


**Step 3:** Allow the blue neon light to continue moving in a counter-clockwise rotation around your circle, trusting that the blue light has removed the selected quality from you.





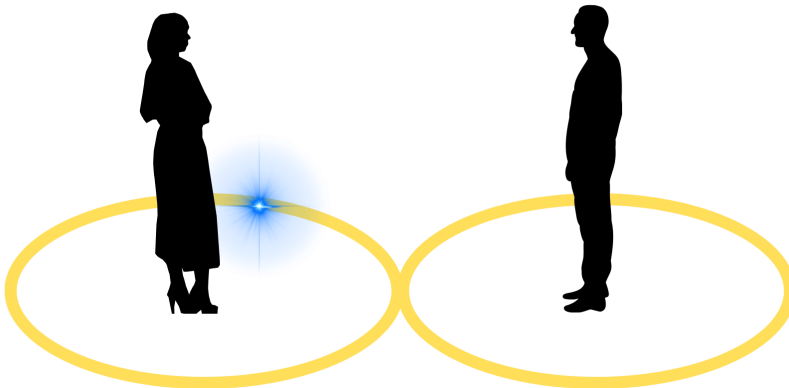
**Step 4:** Complete the full rotation of the neon light around your circle and begin to move into the circle of the other person.



Other Person

*(ex: parent, significant other)*

**Step 5 :** Visualize the blue neon light moving clock-wise around the other person's golden circle. Trust that the blue neon light is returning any energy that you were carrying.

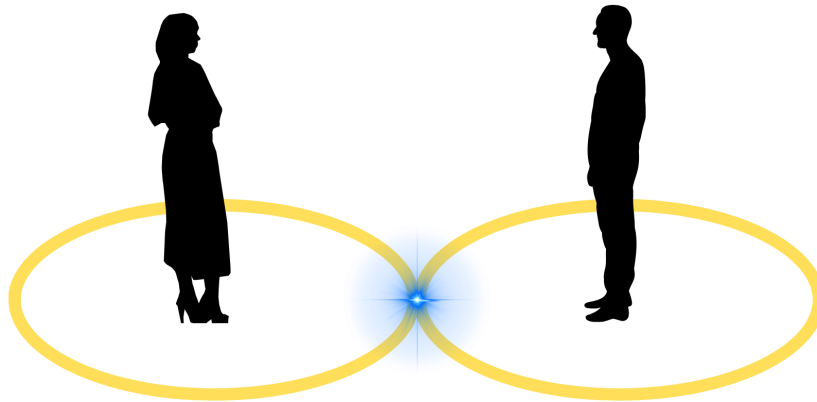


Other Person

*(ex: parent, significant other)*

You

**Step 6:** Once the blue light has moved around both golden circles, begin the process again of moving the blue light counter-clockwise into your circle, again releasing the same negative trait to the blue light. Continue moving the blue light at your own pace for the remainder of the meditation.



Other Person  
*(ex: parent, significant other)*

You