Cord-Cutting Ritual For Creative Abundance with Dr. Marie Mbouni

The cord-cutting ritual for creative abundance involves letting go of any energetic attachments or blockages that may be hindering your creative flow and inviting in abundance and inspiration. We start with a class followed by a Cord-Cutting Ritual Meditation for Creative Abundance.

Materials Needed:

- A quiet and comfortable space where you won't be disturbed.
- A candle of any color you like, a white candle to symbolize purity and new beginnings.
- A small bowl of salt to purify and protect your energy.
- A piece of paper and a pen.
- Optional: any crystals or talismans that resonate with creativity and abundance (such as citrine, carnelian, or clear quartz), a string, a pair of scissors

Cord-Cutting Journal

Journal Prompts

Who is this person or event you want to release?
You are here because you sense that there is something obstructing your ability to feel complete ownership of your energy.
What comes to mind when asked what idea, person, or situation is attached to this obstruction?

Body Scan

With your left hand, hover slowly over your midline, starting at your root and moving all the way to the crown of your head. Take note of where you feel tension, numbness, or general uneasiness.
This is a signal of where in the body the cord is attached. Where do you sense this cord is attached to your body?

Note:
You can also look at the Chakra system and reflect on which point of the system you sense a lesion or blockage has been created (cord).
For example, the root can feel like a lot of fear and instability.
The sacral can manifest as being emotionally drained or numb.
The solar plexus often lends to low self-esteem and a victim mentality.
The heart chakra results in grudges, judgment, and a lack of compassion.
The throat chakra can result in tightness, timidness, and second-guessing your truth.

The third eye chakra can lead to feeling disconnected from purpose and not trusting your intuition.
The crown chakra connects to not trusting the natural processes of life and the universe, a general lack of connection, and feeling separate from the world.

Cords attach to our bodies when we are energetically receptive.
Think and journal on the time when you feel that this cord formed.
If it started as a positive attachment, when did it shift to a negative?

Think of times when you have associated a drain in your energy with this specific cord. In what ways does believing there is a cord connecting you to this thing benefit you?

How do you see yourself transforming after releasing this cord?

FREE WRITING

Feel into the cord that brought you to this practice.
Allow yourself to observe what feels activated in your body, what memories or feelings come up, and what additional messages you receive at this time. Then, set a timer for 5 minutes and free-write all of the information and messages that came up for you surrounding this cord attachment—

Imagine the energy causing this block or drainage believes that it is helping you in some way.
Use this space to write from its perspective to tell you the reason for their attachment.
How does this thing believe it is benefitting you? What is it protecting you from?
What does it want? Speak as the energy that is creating this attachment—

Now, write to this personified block. Express gratitude towards it by explaining what lessons you have learned. Gently tell it why you don't need it anymore and why you are letting it go.

THE CONTRACT

Sign below and read this contract aloud to yourself. This is an affirmation contract for creating a full-body commitment to releasing this cord.

THIS CORD AND ITS ENERGETIC ATTACHMENT TO MY BODY, EMOTIONS, AND MIND NO LONGER SERVES ME. MY ENERGETIC BODY IS HERE TO SERVE MY HIGHEST SELF AND ONLY THE HIGHEST OF VIBRATIONS. I FULLY RELEASE THIS ENERGETIC CORD AS OF THIS MOMENT IN TIME. I OPEN MYSELF TO RECEIVE MY CREATIVE ABUNDANCE FULLY.

SIGNED: