

Cutting the Ties That Bind

Children begin by loving their parents; as they grow older they judge them; sometimes they forgive them.

— Oscar Wilde

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. A summary is outlined here.

As outlined in her chapter on Relationships, our early experiences of life are linked to our parents. They may have done their best for us, but being human, could not help but pass on their issues, weaknesses and faults to us. At birth we needed unconditional love and bonding with mother and acceptance and support from father. Failure on their part to provide these qualities may leave us emotionally disadvantaged and less able to cope with life. If they were repressed or inhibited we, by using them as role models may have copied their negative traits.

Cutting the Ties enables you to identify the way you were affected by your parents and empowers you to free yourself and find your own identity. Moreover, physical problems arising from these mental and emotional backgrounds can also be cured or prevented by the therapy.

Cutting the Ties with your father increases self-confidence and assertiveness and helps your career. For women it changes and improves all personal relationships with men. The therapy, when applied to your mother, has a profound effect on how you react to life itself. You can develop a more positive and happy philosophy of life by separating yourself from the negative aspects of her personality. This would be especially relevant if she was distressed or emotionally out of harmony at your birth as you formulated your self-image and view of life under these conditions. For men, Cutting the Ties with Mother has a healing effect on personal relationships with women.

When done with a therapist, Cutting the Ties is often supplemented with regression therapy to unlock suppressed memories and feelings, to reconnect with your childhood and put you in touch with the trauma you are healing. This might include your birth and other incidents from your early formative years. Even if you do not believe you can remember your birth or early childhood, the events revealed are imbued with deep feelings which were instrumental in shaping your approach to life. While still in the regressed state, the therapist helps you to reassess these events in order to release associated negative emotions and forgive. Forgiveness involves letting go of desire to hit back at parents, siblings, teachers or anyone who hurt you in the past. This has a liberating effect that releases what anchors the trauma in the present and allows you to grow emotionally.

What to do

Identify who you need to cut the ties with. This can be done easily with a therapist through regression and dream analysis. However, if you are working on your own, use your dreams to

discover trauma that needs healing and identify the parent with whom the strongest issues lie. For example, to dream of a woman with her back to you means that your mother turned her back on you. To dream of a man in a dark brown suit means you copied your materialistic approach to life from your father. To dream of the colour pink or a woman sitting at a cash register means your mother did not love you unconditionally or she put a price on her love. Cut the ties with this parent first and only cut the ties with one parent at a time. Give yourself breathing space of a few weeks before moving onto the other parent.

When you have issues with your male partner or male boss you commonly find your dreams encouraging you to cut the ties with your father as that relationship laid the foundation for subsequent male relationships. Similarly if you have issues with your son you cut the ties with your father. Similarly if you have issues with your female partner, female boss or daughter you cut the ties with your mother. The karmic relationship between you and your children usually means you are shirking your spiritual obligations if you cut the ties directly with them. After all, they developed their traits while under your care. Having passed issues on to them you can incur karma from washing your hands of your part in the process. It is not advised to cut ties with children especially young children, as this would impact the bond between you. They depend on you. This therapy is more for cutting negative ties with those formative relationships of our own lives- to absolve ourselves of the negative traits that we may have copied from our parents in particular. In Phyllis Krystals book *Cutting the Ties that Bind*, the subheading is *–Growing Up and Moving on*. She encourages us to view this process as a necessary coming of age ritual process – one that enables us to move out from the shadow influences of our parents or caregivers of childhood – to embrace our power as autonomous human beings.

If you are having difficulty with a partner – it is more appropriate to consider cutting the ties with the parent of that gender, rather than with your current partner. Your relationship with your partner may also be karmic so for the same reason it is unwise to cut the ties with them unless you receive spiritual direction from your guides, a medium or another professional who knows how to check if it is appropriate. You may incur karma by blocking your partner's life purpose but you also block your ability to achieve your own life purpose.

If you are cutting the ties with your parent and your partner shares many of the same negative traits, realize that cutting the ties will free you from the negative conditioning you suffered but it may also doom your relationship. You will grow through cutting the ties and your energy will change completely. This changes the dynamic of the relationship and unless your partner responds by changing in a positive direction the energy that held you together will no longer exist and you may separate. Even if they do change you may still separate.

A supportive loving relationship can help greatly when cutting the ties. However, warn your partner that you are going through the process. If you are cutting the ties with someone of the same gender as your partner you may temporarily project negative emotions brought up during the process onto them. Warn them in advance of your intention to do this so they are prepared and give you the leeway you may need.

Cutting the Ties that Bind

1.

Find yourself a hardback bound journal. The practice of daily journaling is integral to the Cutting the Ties process.

On the first page of your journal list your aims/ goals / intentions for doing this work. You may choose a maximum of five aims or intentions– but to focus on just one issue is fine too. As this is the first page of your journal- this is where you remind yourself of your motivation and impress the message upon your subconscious mind. The subconscious mind is like a child – It needs a commanding authority to tell it what to do.

Write: **I want _____ so that _____**

Eg. I want to be completely and permanently cured of (issue) *so that* I may live a happy and fulfilling life.

You may ask for whatever you wish – more success, relationship issues resolved, family healing, improved health and wellbeing, etc.

2.

Write how bad things are NOW

Here is the opportunity to check in and look at the issue that is motivating you to pursue cutting the ties. On a scale of 1-10 with 10 being the worst possible scenario – see how you might view the issue you have at this time. Write about how you are feeling now, in as much detail as possible. Bring all of this knowledge to awareness. This provides a starting point from which to judge your progress over the coming weeks.

3.

Make a list of positive and negative points

Once you have determined *who* you need to cut the ties with make a list of all the positive and negative traits and incidents between you and that person as shown below. Include on the list anything that you think is relevant. To help you recall, do the list chronologically starting from your birth. Initially you may find there are lots more negatives than positives. Do not feel guilty about this – it is common. It is also common to find when you get about half way through the therapy that you think of more items to put in the positive column and may even outnumber the negatives. While that is not always the case it is a clear sign that the therapy is working.

<i>Negative</i>	<i>Positive</i>
<i>He did not want another child by the time I was born.</i>	<i>He had a good sense of humor.</i>
<i>He did not know how to show love.</i>	<i>He always brought us out for a drive on the weekend.</i>
<i>He never apologized when he was in the wrong.</i>	<i>He never let teachers bully me in school.</i>
<i>He was angry a lot.</i>	<i>He praised academic achievements.</i>
<i>He expected me to keep my friends quiet when playing out on the street.</i>	<i>When I was 12 he brought me with him to visit my sister who was living abroad.</i>
<i>He was king of his castle and expected royal treatment.</i>	
<i>He had a low tolerance threshold.</i>	
<i>He was always right!</i>	

Figure 1: Make a list of positives and negatives

When the list is complete go through each item one by one and ask yourself how it makes you feel. It is primarily the feelings you are trying to work on during the therapy.

4.

Number each of these negative traits and then turn to another page in your journal and begin to write out as much as possible – bringing to awareness how this negative incident / negative characteristic has affected you in your life and in present time.

Example:

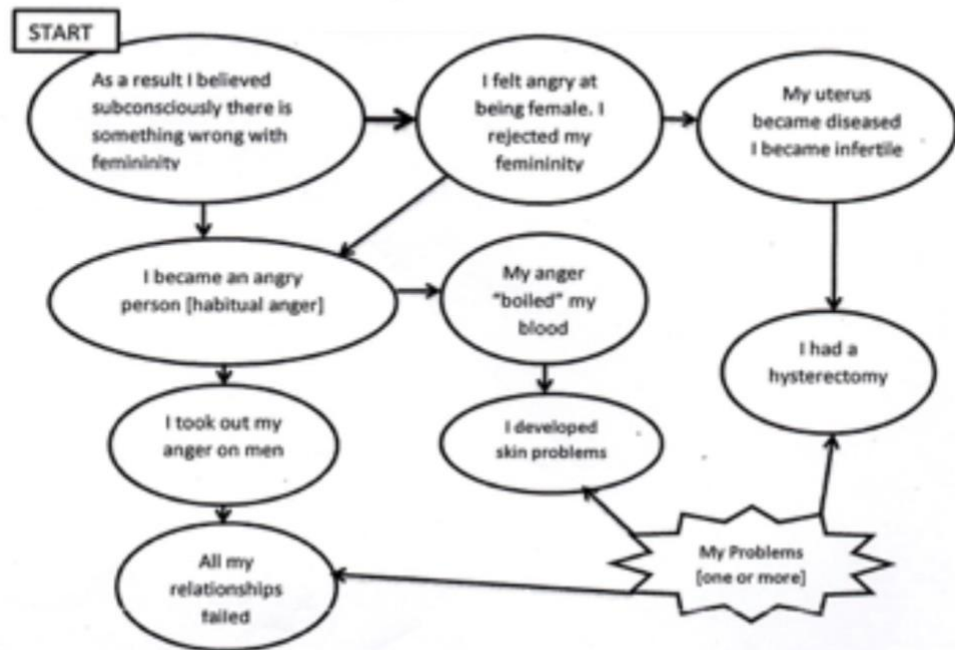
My mother didn't bond with me at birth. This means that I have not felt secure on the earth. I did not feel accepted and loved and therefore I found it difficult to accept and love myself. The way I was treated is how I treat others. Because I didn't bond with mother I did not bond with the earth – and therefore can become easily ungrounded. Because I did not bond with mother I am unsure in my femininity. I felt that there must be something wrong with me... etc.

Or.

My father wished that I was a boy. Therefore, I have rejected my femininity and have not been in harmony with my gender. This negative programming has led to negative energy in my reproductive system and therefore I have not been able to have children. Etc.

You may also find it helpful to draw and write out the chain of cause and affect that come to light in this process of reflection in the form of daisy chains as seen below:

Example of Daisy Chain [Flow Chart] My Father would have preferred me to have been a boy...



5.

Write angry letters to the person you are cutting the ties with.

As you proceed with this process, you will be growing in awareness of the affect that your parent / the person you are cutting the ties with has had on your life. It is important that you express your feelings by writing angry letters to the

person. Express how their behaviour has affected you in your life – and how this has made you feel. Go into as much detail as possible. You do not send these letters. You may burn them however – or otherwise dispose of them, in this way helping you to let go of this negative energy. The process also will bring all these old hurts and repressed feelings, even from childhood to the surface. It is a part of growing in awareness and being able to let go, and therefore, move on.

6.

Write positive encouraging letters to your inner child

(subconscious mind)

Example:

Thank you for your co-operation in this healing process, I am looking forward to even greater success in the future!

In these letters, write out in detail acknowledging any success you have experienced in this process –or any progress towards your goals as outlined in the opening page of your journal.

The Four Control Dramas

James Redfield first wrote about these four control dramas in his book The Celestine Prophecy about 20 years ago:

When two people turn their attention to one another, they literally merge energy fields, pooling their energy. (In the case of control dramas) the issue quickly becomes: Who is going to control this accumulated energy? If one can dominate, managing to get the other to defer to his point of view, to look at the world in his way, through his eyes, then this individual has captured both energies as his own.

He feels an immediate rush of power, security, self-worth, even euphoria.

But those positive feelings are won at the other person's expense, for the dominated individual feels off center, anxious, and drained of energy.

The four Control Dramas are :

The Intimidator – They get attention by threat. They control people by using fear.

The Aloof- Take energy by acting coy and hard to get.

The Poor Me – They take energy by complaining about problems but not seeking solutions. They make other people feel guilty.

The Critic/ Interrogator –They steal energy by judging and questioning others. They find fault in others to make others feel inferior.

Know what control drama (or two) would fit the profile of the person with whom you are cutting the ties. See what is your own control drama. Through this work we aim to shift our personality to *act out of character* – therefore resolving our control dramas. Through looking at our relationship with the parent with whom we are cutting the ties, we gain insights into why we have acted the way we have, and how their control drama has affected us. This knowledge also brings perception so that we can better understand this power dynamic between us.

How to cut the ties

Cutting the Ties that Bind gets its power through use of symbols of the subconscious mind. The technique itself is very simple but extremely effective. During the process you will need to visualize a facilitator, someone who you consider to have the ability to help you with the process. Choose a suitable facilitator beforehand. This can be somebody you know that has given their permission to be used in the context of cutting the ties. Alternatively, you can imagine somebody you imbue with the required attributes. Keep the one facilitator throughout the process.

To cut the ties on your own, follow these steps.

1. Get into a comfortable sitting or lying position. Close your eyes and relax your body by taking a few slow deep breaths. Count slowly backwards from 20 to 1 and mentally tell yourself that your body and mind are relaxing with each number. If you have already developed a technique for relaxing, use that instead.
2. Now imagine yourself standing in a room with your facilitator. Visualize a line of light across the floor connecting him or her to you. Now visualize another line of light traveling up their spine and out the top of their head. Visualize another line of light traveling up your spine and out the top of your head. Project both lines of light upwards to form the apex of a triangle. You and the facilitator are now standing at the corner points of a large triangle of light. The high point of this triangle is connected to the higher consciousness common to both of you. If you like, you can let yourself feel

love, confidence, support, or whatever trait you want to develop or feel you need, flowing down from the high point on the line of light that connects you. Now let the scene fade but keep in mind that although you are no longer visualizing it, the triangle of light remains in place for however many weeks the process will take.

3. Now imagine yourself somewhere quiet where there are no people to distract you. Now imagine yourself standing in the centre of a circle of golden light (refer to the diagram). This circle is on the ground. A common mistake made is for people to imagine the circle at waist height so be careful not to do that. The circle is a subconscious symbol of love and protection.



Figure 2: Imagine yourself in a golden circle

4. Imagine another circle of the same size in front of you just touching your circle so that they have a single point of contact. Place the parent or object you are cutting the ties with in the center of the other circle. Now visualise and see how these two circles form a little train tracks and on that there is a little train pulling open carriages behind it – going around this train tracks. Imagine a glowing blue neon light at the front of the train.

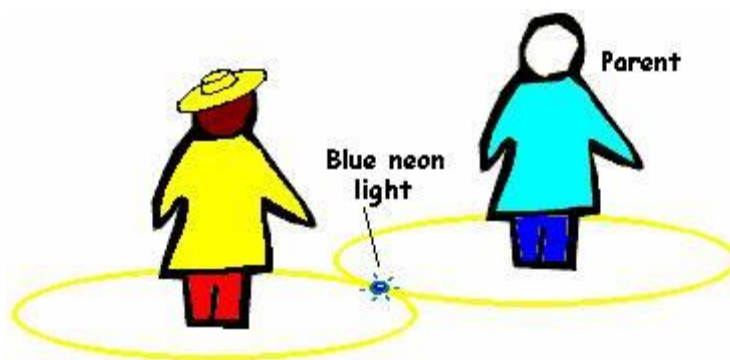


Figure 3: Visualize your parent in the second circle

5. Slowly see the little train coming towards you and feel the blue light as it sends powerful healing energy to you – reenergizing and empowering you. The train goes anti-clockwise around your circle (to your left and behind you). Then feel all the negative energy associated with the person in the second circle – give it a shape and a form and begin dumping it onto the carriages of the train. Then allow the train to move around behind you and return towards the other person. When the train again comes towards you feel it healing and reenergizing you and then, continue to dump this negative energy into the little carriages behind the train. Continue this for about two minutes.

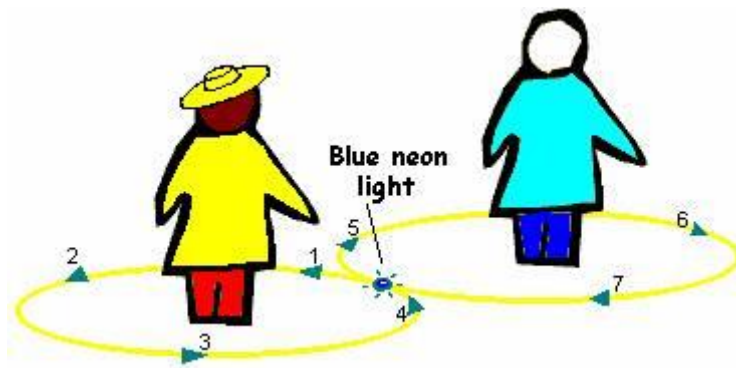
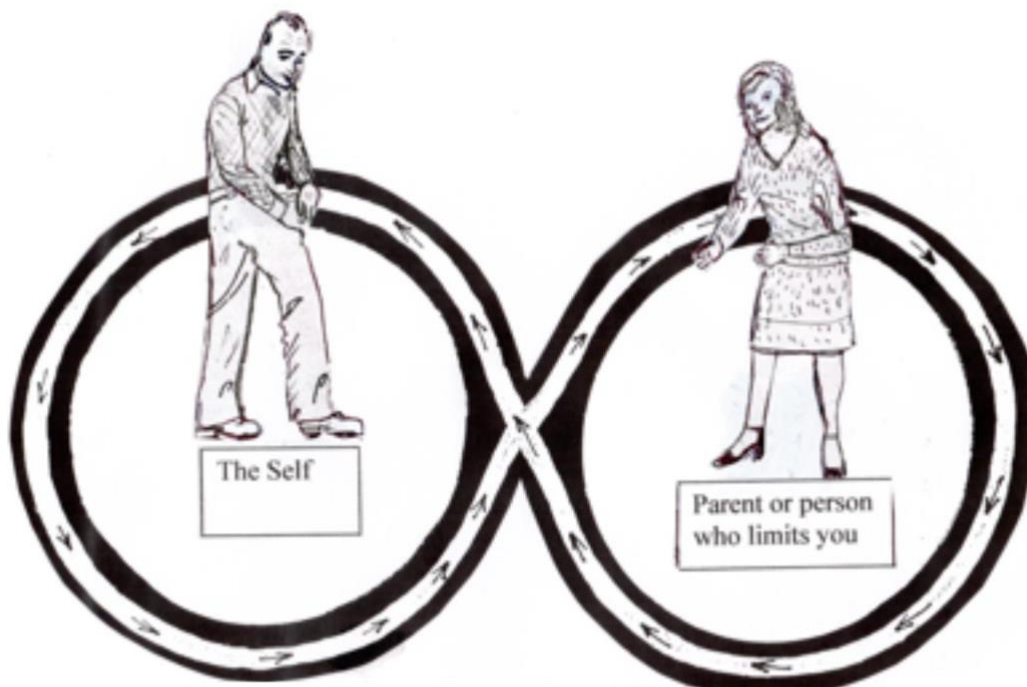


Figure 4: Begin the healing process

6. Realize that the light has special healing properties. Feel it strengthening you, healing and reenergizing you. As the light travels your circle imagine anything negative connected with the other person being taken from you. Assist in the process by dumping anything you want into the light. For example, reach into your pockets and pull out items reminiscent of trauma or negative traits and throw them to the light. Remove heavy coats and throw them to the light. Now when the light is in the other circle it releases these items into infinity – as you both stand in this powerful figure of 8. At the same time the light pulls into itself positive feelings, traits and power that were suppressed as a result of that person in your life. When the light moves into your circle it returns all this to you. Imagine and let yourself feel this happen. After two minutes let the scene fade and wake yourself up.



The Figure 8 is a powerful device for psychologically separating yourself from anything or anyone that limits you

Repeat the process daily

Do this for two minutes once per day and only two minutes. After about four days you will begin to feel the effects. If you are cutting the ties with your mother you may feel chest pains. This is your heart chakra opening. The pains will only last two or three days. *You may also feel periods of depression.* Keep working through these as this is what the therapy is clearing. If you have a heart condition do not undergo this therapy unless with a qualified therapist. If you are cutting the ties with your father you may feel back pains or pains in your legs. Again, you do not need to worry about this but take it as a sign that the therapy is working.

Each time you do the therapy pick up your lists of negative and positive points and try to add to them. Go through the list again to see how you feel with regard to each item. You will find your reaction changes as you progress.

The process always brings up very strong negative emotions. These are the bottled feelings from childhood coming to the surface and they are potent. Do something to express these feelings. For example, if you play tennis use the anger or other strong feelings that surfaced as you hit the ball each time. If you walk burn the anger with each footstep. Let yourself feel it as you walk. Do not suppress the feelings. For instance, do not go for a walk to calm yourself down. Walk with the anger, feeling it course through your body. Keep walking until there is no anger left. If you do nothing else bash your pillow to express it. You must express it or the process will take longer and you will project the feelings onto everyone around you. This will be done subconsciously so to you it will seem like you just now realized that your partner is a complete jerk and you will treat them accordingly. Realize it is you who is changing – nothing is changing in them – as you get nearer the end of the therapy these strong feelings are gone and are replaced with a tremendous sense of calm and purpose.

Completing the process

The therapy can take up to six weeks and a lot of people drop out when they feel the depression starting. **Promise yourself at the start that you will work through this as your resolve will help you later.** It can be helpful to schedule a nourishing activity for yourself that can take place during this period that can help you through and motivate you to keep going!

When the time is right you need to complete the process. You will know the time as your attitude to the person and feelings about life will have changed. If you do not feel any change complete the process after six weeks. To complete the process do the following.

1. With your eyes closed relax your body in a comfortable sitting or lying position as before.
2. Visualize your facilitator and the triangle of light as before.
3. Imagine yourself in the quite location you have used before and imagine again the golden circles with you in one and the person you are cutting the ties with in the centre of the other.
4. There is no neon light this time. Instead imagine the connection between you and the person. This may appear as a rope, a chain or other material and it connects into your body at a particular point. The point of connection is different for everyone.

5. Hold the rope with both hands. Imagine your hands becoming bright with light and so too does the rope while you hold it. Now pull the end of the rope out of your body. Now imagine it pulling out of the other person's body. As it does they disappear and so too do the circles. You are left on the scene with just the rope.
6. Move your right hand over the wound left from removing the rope. The light from your hand transfers into the wound and heals it. There is no trace of the wound left. You may also visualise an angel who is there to send you healing light and help you at this time.
7. Place the rope in a pile on the ground. Using whatever means comes to mind destroy the rope. For example, you might burn it and then throw the ashes up into the wind to be carried away. If you imagined a chain you may use acid to melt it. From here on you know that connection can never be restored.
8. Now notice there is a beautiful river running beside you to your right. Walk over to the bank of the river and notice the clear and calm waters. Remove every item of clothing and walk into the river. There is nobody around and you feel amazing freedom and very light. The river is the perfect depth for you to walk safely into it. Wash yourself in the river, immersing your head too.
9. Now walk out of the river on the other bank. You notice beautiful flowing white robes waiting there for you. They fit perfectly as you put them on. Bask for a moment in the clean, clear feeling of being a child of the universe. You know from this point forward you have found your place in it.
10. Slowly let the scene fade and allow time to awaken fully.

This process can be found in the book by Phyllis Crystal : Cutting the Ties that Bind.

I am happy to facilitate the process to support checking in every two weeks or as required. If you can record your dreams also throughout this period of time while doing the cutting the ties work, it can allow us to have more depth of understanding, insight and guidance.

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