

CONSCIOUS UNCORDING

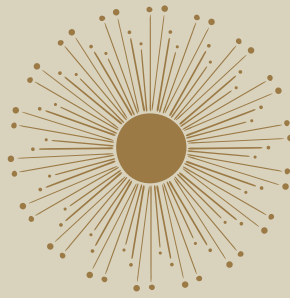
Take a moment to reflect on the people in your life — past or present — who stir strong emotions in you. These may be individuals you love, feel tension or unresolved feelings with, or even those who trigger you deeply. They could be family members, ex-partners, friends, teachers, coworkers, or anyone who left an emotional imprint.

Write down the names of anyone who comes to mind when you feel:

- Charged emotional reactions (love, anger, guilt, longing, fear, sadness)
- Unfinished conversations or unresolved dynamics
- Repetitive thoughts or memories about them
- A lingering energetic “pull” or sense of being entangled

This is not about judgment or blame. It’s simply the first step in becoming conscious of where your energy may still be entangled — so that you can lovingly choose clarity, peace, and release.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly aged or off-white appearance.



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Take moment to reflect on the person you are to cut cords with. Write on a piece of paper:

- All resentments towards that person
- Any regrets towards them
- Any things left unsaid or undelivered communications
- Any acknowledgements you wish to offer towards that person

Feel free to burn the paper when you are done.