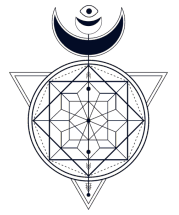


# Cutting cords of action



## You will need

- Some string or ribbon
- Scissors or a sharp knife

## Practice

- Cast a circle if you wish
- Take a few deep breaths and bring to mind your current mindset of doing - all of the things you know you have to do, your to do lists, any busy-ness in your schedule and all of the other things which bring that to mind
- Wind your string or ribbon around both of your wrists (although do this loosely so that you can move your hands freely - the aim is to be bound metaphorically, not literally!)
- With your hands out in front of you, say aloud "I could the cords that bind me. I cut the cords that control time and energy."
- Take your knife or scissors and CAREFULLY cut the binds top and bottom.
- As they fall away say:

*I claim back my space  
I claim back my time  
My mind is free  
And my energy is mine.  
By air, by fire, by water and earth  
I am free. I am free to be*

- Sit in that space for as long as you need to, breathing deeply and focusing your mind on the ideas of peace, freedom and expansion.
- When you're ready, close your circle and clear your space.