

## Releasing Unhealthy Soul Ties

“Soul ties” refers to energetic connections between two humans. These ties can be loving and uplifting or they can be fear-based and controlling. Every human is composed of three aspects: body, spirit and soul. In this document, the human’s spirit is defined as the indwelling aspect of the Creator God / Divine Love. It is not subject to human emotions. The “soul” encompasses three aspects: the mind, emotions and one’s will.

Soul ties are strengthened when one engages with others over time. This would include relationships with family, spouses and long-term friends. Others may be strengthened for a while but eventually dissipate such as ex-bosses, childhood friends and short-term friendships and encounters. The energy between two people will dissipate over time when neither one thinks about the other, talks about them or engages with them.



### Who do we create soul ties with?

The short answer is, anyone you have an energetic connection with. One-way mind soul ties happen when one person has obsessive thoughts towards someone without that person’s knowledge or acceptance. The targeted person’s energy may be subtly affected; they may feel a bit drained. This is a common problem for celebrities. They may have thousands of fans and haters hooked into their energy field.

Soul ties can develop through our minds when we have mental connections with others. Positive mind soul ties happen when two people are happily working on a project together, while engaged in uplifting conversations, when you feel “like-minded” with a person and enjoy their company. Negative mind soul ties happen when one tries to manipulate another, cast spells others or when there isn’t much in common, often leading to argument due to difference of opinions.

Healthy emotional soul ties are based on love and can uplift both persons. Conversely, unhealthy emotional soul ties are draining. It is possible to have both with the same person. For example, you may have a good relationship with someone. However, there are things they say and do that are upsetting. Perhaps they entice you to get drunk with them, but you don’t want to be part of that. You can enhance the soul tie by unconditionally loving them while saying “no” to being part of their negative behaviors.

Many soul ties are formed through one’s will, or conscious choices. Healthy soul ties that form in the will are created when we allow another person to be who they choose to be. One may not like what another says or does but still allows them to express their will. Unhealthy soul ties develop when one exerts their will over another, trying to control them, judge them or make them do something against their will.

Enhancing soul ties is easy. Just add more love. The other person may be blocking love, but the energy you send will still have positive subtle effects. Releasing soul ties takes more effort. It often requires forgiveness and some behavioral changes on your part. For example, once you break the soul tie, you may need to get rid of mementos that remind you of that person. You might also need to set new boundaries, such as, “Don’t call me when you are high. If you choose to go to rehab, let me know. If I feel you are sincere, I will consider supporting you.” Thus, you aren’t breaking all soul ties with the person, just the offensive ones.

## Signs of Unhealthy Soul Ties

- \* You are in a physically, emotionally and/or spiritually abusive relationship, but you feel so attached to them that you refuse set boundaries with them or to leave the relationship.
- \* Even though the relationship has ended, you can't get them out of your mind, even when you want to.
- \* You feel like this person is watching you, that they can hear you or you have vivid dreams about them.
- \* The person is continually in your mind when you are intimate with someone else.
- \* You take on the negative habits or behaviors of the other person, perhaps feeling a compulsion to do so, even if it is not something you want to do.
- \* You defend the relationship even though it is negatively affecting you and destroying important relationships with other people in your life.
- \* You experience what the other person is experiencing including: their moods, sickness, accidents and addictions.

## How to release unhealthy soul ties

One method to release soul ties is to write the names of anyone you have had a negative experience with, especially those that you still have unresolved issues with. Include those who have issues with you. The following list offers some ideas of people you may have unhealthy soul ties with. If you don't know or remember the name of the person, you can use a descriptor such as: "the woman in the bar."

Family Members  
Teacher or Coach  
Sexual Partners Outside of Marriage  
Sexual Abusers  
Enemies and Bullies  
Abusive Partners  
Anyone You Abused  
Employer, Co-Workers  
Those you haven't forgiven  
Soul Fragments: Sent or Received

Strong Emotions to Famous People  
Pastor, Guru, Cult Leader, Mentor  
Government Leader  
Obsessive Thoughts of Someone  
Spell Casters, Black and White  
Favorite Author, Playwright  
Fantasy Sex  
Crush on Doctor, Therapist  
Secret Admirers, Stalkers  
Ceremonial Leaders and Participants

The possible scenarios of who and how you energetically connect to others can be quite extensive. Go through your list, focusing on one person at a time. Review your connection with this person. You will need to decide if you want this person totally out of your life or not. If you wish to break all ties then if appropriate, let that person know that you no longer wish to be in contact. Then block texts, emails and phone calls, if they don't respect your boundaries. Whenever thoughts of this person come to your mind, immediately refocus on something else. Refrain from talking about this person to others. If this person will remain in your life, you may need to set parameters, being clear on what you will or will not allow.

In some cases, you may be the one sending a one-way connection to others. This happens when one has a crush on someone, is jealous or has abused that person. Examine where you are off balance, so that you can remove these hooks. Then forgive yourself for creating this unhealthy energy drain on that person.

In most cases, the hooks are two-way connections, such as with family, friends and romantic encounters. In close relationships such as these, you can strengthen these by sending love to the person and increasing positive interactions with them. In close relationships, sometimes the connections are loving and going well, but other times, tempers flare and harsh words are spoken. You can't control what others think, say or do, but you can unhook from the unhealthy issues. Monitor anything negative you add to the mix and develop more loving behavioral actions and reactions. This may entail shorter and less frequent contact.

It is important to forgive the other person for any harm they have caused you. Telepathically offer remorse for your choices and accept responsibility for any harm you caused them. Call back any fragments of your soul to return to you. Send any soul fragments of the other person back to them. This can be done out loud or telepathically. Visualize pulling the hooks out of you and the other person. Then imagine throwing the cord and hooks into a fire. Pray that the place where the hooks were located on both of you be fully sealed, healed and filled with Divine Love.

Release all negative emotions towards the person and avoid sending blame or anything that energetically fuels the fire or else you could create new unhealthy soul ties. You may choose to write a letter of finality to the person. After praying the prayer below, consider taking the letter and the list of people's names and burning them, or tearing them into tiny pieces.

***Read the rest of the information before saying the prayer so you know what is involved.***

During the prayer and afterward, you may feel emotional. You may experience some of the following: coughs, deep sighs, burps or yawns. You may also feel body sensations such as heat or tingling. If you feel tension in certain body parts, or feel pain or sensations that move from one body part to another, repeat the prayer a few more times until you feel more relaxed.

The next few days, you may experience a variety of shifts. You may feel more energetic or you may need more sleep as your body adjusts. You may feel more emotional than usual. Many express that they have more inner peace and clarity. Your mind may feel less cluttered, making it easier to make decisions.

*When you are ready, say the prayer out loud, with conviction. Focus on the words and mean what you say.*

### **Releasing Soul Ties Prayer**

*“Dear Creator of Heaven and Earth, I come to you today to confess my actions in which I chose my will over your will. I have seen how my relationships with (name them) have caused harm to them, as well as myself. Based on your promise that you will forgive my trespasses as I forgive others, I accept your mercy and kindness. I offer forgiveness to those who have harmed me in any way. I also confess and forgive myself for holding unforgiveness towards others.*

*I now recall all of my soul fragments that were attached to these people and meld them back in place. Any soul fragments of others, I send back to them, whether they are alive or deceased. I now cut all unhealthy soul ties with (name them). I pull them out by the root and fill that space with Divine Love. I break all ties with any demons that have been attached to or using these unhealthy soul ties for their dark deeds.*

*Creator, I thank you for your unconditional love. This encourages me to love myself and others unconditionally. I call upon the promise of 1 John 1:9 and ask for your forgiveness and blessing to cleanse me from all unrighteousness. Amen”*

### **If you have demons actively oppressing you...**

When you have forgiven others and broken the unhealthy soul ties with them, you effectively “close doors” to any demons that came in as a result of unhealthy soul ties. The work you have been doing and this prayer may agitate them but it will not force them out. Some weaker entities may have released during the prayer. The stronger demons need a stronger push. I have included an additional prayer to help you to release them. They often release through the breath, such as coughs, sighs, yawns or burps. Some people vomit or spit up a bile-looking substance, so have a plastic bucket and tissues handy, just in case.

Before you start the Binding and Casting prayer, you might sense the anxiety of any remaining demons. This may entail a sudden headache, queasy stomach or tightening of a body part. Often, they will try use delay tactics such as creating distractions or making you feel sleepy when you try to do the exercise. They may attempt to scare you through nightmares or inflict annoying pain like scratches, pinches or pokes. They may project thoughts of doubt into your mind such as “This isn't real.” They may make threats such as “You can't fight me; you are too weak. You'll be sorry. We will hurt your family.” Reject their lies and ignore them.

**If you have a strong connection with Jesus and the belief that He has the ability to cast demons from you. And if you are not in fear of the demons and have the belief that you can cast them out in the name of Jesus, then you are encouraged to continue with this prayer.**

### **Binding and Casting off Demons Prayer**

*Right now, in the mighty name of Jesus Christ, I call to attention every demon power who is attached to me, coming, going or in free circulation or in any way connected in my life. Every demon power, you are now under the authority of the living, resurrected Lord Jesus Christ. I bind you and command that you will not harm me or anyone else connected to me. You will not hide, leave, call others to help or go to someone else. You will not split, divide, multiply, fragment, clone or pass your duties onto any other demon. Any parts of you that are in others or elsewhere, call them back now and unite as one.*

*You will repair any damage you have caused me and my descendants. You will put everything back in order now, in the name of Jesus Christ. I command you to pack all your bags, take any equipment, implants, seeds, energetic debris, and completely pull up and pack any roots you implanted. Take it all with you. Gather your entire kingdom, ranks and all members of your groups connected to me and unite into one. Now, all of you, go directly into the abyss\* in the power of the blood and name of Jesus Christ. Completely and totally release from me now. All demon powers present, go into the abyss\* now, in Jesus Christ's name. That is a command. It must be obeyed. Go, now!" Jesus, I request that you send your angels to be sure they go into the abyss. By faith, I receive freedom from all demonic influences in my life due to the choices of myself and my ancestors, in the name of Jesus Christ.*

**\* If you feel uncomfortable casting them into the abyss, then command them to go to the feet of Jesus. They must be taken out of circulation or they will return to you or oppress others.**

While saying the prayer, if you feel tension in certain body parts, this is often a sign that the demons are holding on. Repeat the command to leave several times until your body feels more relaxed. If they try to move your body against your will or create a lot of mind chatter, make a statement such as "I bind all demon powers in, on or around me and I command that you be quiet and still, in the name of Jesus Christ." That often resolves the problem. You can only bind them for a while, but the goal is to get them to leave you alone long enough to do the exercise. Pray to the Creator and Jesus to help you overcome their resistance and increase your courage and belief.

**Not a believer in Jesus?** Personally, I believe that people have the authority to cast demons out of their body and soul, just as one has the authority to command an intruder to leave their home. However, the more powerful demons will hide or resist, making it very hard to release by oneself. Without the authority of Jesus Christ, who holds the keys to the demonic realm, they likely won't go into the abyss.

If you are willing to command these demons to go to the feet of Jesus and have the belief that Jesus will send them wherever He feels is appropriate, then you have a better chance of evicting them and keeping them from coming back to you or going to anyone else. If they do leave you, they can only get back in if you still have open doors that give them access. The goal of the SoulCleanse process is to help you find and close those doors. *Thus, you will still need to do your "inner work," and change any fears, beliefs and behaviors that keep you vulnerable to demonic interference.*

***If you have any questions or concerns, let me know.***

If you are still being oppressed by demons after completing this exercise, contact me at the web address below. There are several other exercises to help you to close more "doors" that are making you vulnerable to demonic oppression. Once you understand how the enemy operates and are willing to do your "inner work," you will free yourself from their oppressive.