



The  
SACRED BONDS  
BLUEPRINT

A guided spiritual plan to  
restore and bless  
relationships



# HELLO THERE,

The Sacred Bonds Blueprint is your spiritual guide to restoring harmony in your relationships, cutting toxic cords, and inviting new, aligned connections into your life.

Whether you're seeking to heal a distant family bond, rekindle a sacred romance, or finally release emotional pain you've carried for years—this blueprint will guide you with rituals, prayers, and practices inspired by ancient angelic wisdom.

# *Techniques*

- 1* THE MAGNETIC BLESSING TECHNIQUE
- 2* THE FORBIDDEN PRAYER FROM THE BOOK OF TOBIAS
- 3* THE INVISIBLE CORD CUTTING RITUAL
- 4* THE FAMILY PEACE CEREMONY
- 5* THE EMOTIONAL LINEAGE CLEANSE





# Chapter 1: The Magnetic Blessing Technique

**The Magnetic Blessing Technique uses cinnamon and focused intention to align your energy with the frequency of love, helping you attract or rekindle deep romantic connections that match your soul's vibration.**



## Step-by-Step Ritual

### Materials Needed:

- A small piece of parchment or white paper
- A red pen or marker
- Ground cinnamon
- A small pink or red candle
- A fireproof dish or plate
- A strand of red thread or ribbon

### Prepare Your Space:

Choose a quiet, comfortable space where you won't be disturbed.

Dim the lights and light the pink or red candle, placing it safely on the fireproof dish.

Take a few deep breaths to center yourself, focusing on your heart chakra.

### Write, Charge & Seal the Intention

Write the name of your desired partner (or the qualities you seek) on a small parchment.

Add a heartfelt intention below, then sprinkle cinnamon over the words to energize your desire.

Fold the paper toward you three times and tie it with a red thread, sealing your intention into a sacred bundle.

### Activate & Seal the Energy

Hold the bundle in your hands, visualize a soft pink light flowing from your heart, and speak your intention aloud.

Then place it beneath the candle to charge the energy, and afterward, keep it in a sacred place to let the blessing continue unfolding.



### Recommended Timing

Perform this ritual on a Friday evening during a waxing or full moon, times traditionally associated with love and attraction.

# Chapter 2: The Forbidden Prayer from the Book of Tobias

**This chapter reveals a sacred ritual, inspired by the Book of Tobias, to help restore lost bonds—whether with a past love or a distant family member—through a blend of prayer and spiritual practice.**

## The Ritual of Reconnection

### Materials Needed:

- A white candle
- A small piece of parchment or white paper
- A blue pen
- A bowl of clean water
- A pinch of salt
- A sprig of rosemary

### Prepare Your Space

- Choose a quiet, comfortable area where you won't be disturbed.
- Light the white candle to signify purity and new beginnings.
- Place the bowl of water in front of you, adding the pinch of salt and the rosemary sprig, symbolizing cleansing and remembrance.

### Write Your Intention

On the parchment, write the name of the person you wish to reconnect with.

Below the name, write a sincere message expressing your desire for healing and reconnection.

### Symbolic Cleansing

Fold the parchment and gently place it into the bowl of water.

As the paper soaks, visualize the healing of the relationship, the dissolution of past hurts, and the rekindling of mutual respect and love.

Allow the candle to burn for a few more minutes as you meditate on positive outcomes.

**Extinguish the candle and pour the water into the earth, returning your intention to the universe.**

### Recommended Timing

Perform this ritual during a waning moon to release old ties and invite renewal.

# Chapter 3: The Invisible Cord Cutting Ritual

**We form energetic cords with people and experiences—some uplifting, others draining. This ritual helps cut toxic ties, freeing your energy and heart for new, positive connections.**

## The Ritual of Energetic Release

### Materials Needed:

- Two candles (one white, one black)
- A piece of black string or thread
- A fireproof bowl or dish
- A pair of scissors
- A small piece of paper and a pen

### Prepare Your Space

- Find a quiet, comfortable area where you won't be disturbed.
- Place the two candles about a foot apart on a table or altar.
- Tie one end of the black string to the base of the white candle and the other end to the base of the black candle, symbolizing the energetic cord between you and the person or situation.

### Set Your Intention

On the piece of paper, write the name of the person or describe the situation you wish to release.

Fold the paper and place it under the black candle.

Light the white and black candles, then focus on the black flame as you visualize negative energy leaving your body and say:

"I release this bond that no longer serves me. I reclaim my energy and restore my inner peace."

Cut the black string between the candles to sever the energetic tie, saying:

*"The cord is cut. I am free."*

Then let the candles burn a bit longer, extinguish them, and release the remnants by burning or burying them.

### Recommended Timing

Perform this ritual during a waning moon phase, which is traditionally associated with release and letting go.

# Chapter 4: The Family Peace Ceremony

**Families shape us deeply, but can carry hidden tensions. The Family Peace Ceremony uses angelic guidance to heal unspoken wounds and restore harmony at home.**

## The Ritual of Harmony

### Materials Needed:

- A white candle
- A small bowl of water
- Fresh rosemary or sage
- A piece of paper and a pen
- A bell or chime

### Prepare Your Space

- Choose a quiet area in your home where you can perform the ritual without interruptions.
- Place the white candle at the center, flanked by the bowl of water and the rosemary or sage.
- Light the candle, focusing on its flame as a beacon of peace and unity.

### Set Your Intention

On the piece of paper, write down the names of family members and any specific conflicts or tensions you wish to address.

Fold the paper and place it beneath the bowl of water, symbolizing your desire to cleanse and heal these issues.

Close your eyes, breathe deeply, and invite Archangel Raguel to restore harmony:

*"Archangel Raguel, bring harmony and light into this space. Guide us to understanding, dissolve discord, and fill our home with peace and unity."*

*Walk through your home gently waving rosemary or sage, then sprinkle blessed water in each room while affirming peace.*

### Recommended Timing

Perform this ceremony during a full moon to harness its energy of culmination and release, or on a Sunday, traditionally associated with healing and unity.



# Chapter 5: The Ritual of Ancestral Release

**We inherit emotional patterns and beliefs from our families that can shape our relationships and well-being. The Emotional Lineage Cleanse helps you release these ancestral ties and create healthier, more authentic connections.**



## The Ritual of Ancestral Release

### Materials Needed:

- A white candle
- A bowl of water
- A sprig of rosemary or sage
- A piece of paper and a pen
- A small stone or crystal

### Prepare Your Space

- Find a quiet, comfortable space where you won't be disturbed.
- Place the candle, bowl of water, rosemary or sage, paper, pen, and stone in front of you.
- Light the candle, focusing on its flame as a symbol of transformation and healing.

### Recommended Timing

Perform this ritual during a waning moon phase, which is traditionally associated with release and letting go.

### Set Your Intention

Take a few deep breaths to center yourself.

Reflect on recurring patterns in your relationships that may be rooted in your family history.

On the piece of paper, write down the specific patterns or beliefs you wish to release.

Hold the stone or crystal in your hand.

Close your eyes and say:

*"I honor my ancestors and the lessons they've passed down. Today, I release what no longer serves me, bringing healing to myself and future generations"*

Sprinkle rosemary-infused water around your space to cleanse old energies, then burn the paper to release past patterns.

Hold your grounding stone, thank your ancestors, and extinguish the candle to complete the ritual