



The Power of You to Let Go

Cutting the Cords to your Past

by
Anne Jones

Love is the Key



The Power of you to Let Go

By Anne Jones – www.annejones.org

This book is based on a powerful process I have used on individuals and in workshops all around the world. You can use everything here for yourself as part of your healing process for attachment to the past is often the main cause for your inability to attract love and good fortune or a sense of being blocked from moving forward.

If you are a therapist you can use the processes I describe for your many of your clients as most will have some attachment to the past that will be inhibiting them from moving forward. Once the cords and attachments are released then other aspects of their healing can be effective and you can then help them to move on in a positive manner. I would suggest you encourage them to repeat it often to reinforce the intention of moving on.

These notes guide you through the cutting cords process specifically for relationships but can be used as a powerful process to release cords created between people and situations and places.

Use to release the cords of attachment to:

- lost love and defunct relationships
- hate and bitterness over past disputes and trauma
- homes, possessions and places you no longer own
- illness
- state of mind e.g. victimhood
- habits and attitudes you wish to change



Contents

Introduction	4
Chapter One - The Cords	6
Chapter Two - Changing Attitudes	11
Chapter Three - Releasing the Attached Emotions & Burning	13
Chapter Four - Breaking the Cords	14
Chapter Five - Meditation	16
Chapter Six - Healing your heart	20
Crystals	20
Essential Oils	22
Bach Flower Remedies	24
Chapter Seven - Case Studies	25

