



Let go of the Past

Cutting the Cords

By Anne Jones

We create ties to those we love and these energy cords allow love to flow between us. However, when one moves on the other can be left dangling, still attached to love that has past. In this seminar you can release the ties to relationships that are no longer active in your life and also clear the emotional pain and hurt that you may still suffer. You can also clear the negative emotions and attitudes that may be harming current relationships, whether they are to friends, partners, parents or children. We focus on detaching from the pain of past events in this empowering seminar. Participants will get an opportunity to use the process during the session and it will benefit anyone who has any relationship that needs improving, attachment that needs releasing or the need to let go painful memories of past experiences.

The seminar topics will include:

- What are the energy cords that connect us to those we love and how are they formed?
- What happens when someone we love leaves us broken-hearted?
- Karmic cords and how they can affect us
- Our attachments to illness, aspects of ourselves, places and objects
- What is spoiling our current relationships – can we release these and return to unconditional love?
- Letting go of our emotional pain caused by relationships past and present – practical exercise.
- The process of releasing attachments
- Breaking the pattern of repeatedly attracting unsuitable people into our lives
- Healing the heart

Participants will be guided through the process of detachment in the session and can let go any number of relationships and situations.