

PLAYBOOK

whatever

# CHORD CUTTING

WITH

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# ENERGETIC CHORD CUTTING

Our past can either be the lesson we need to propel us into the future we desire OR it can be our prisoner, forever holding us back from what we say we want.

Either way, you choose which one you want to live life from.

In this module you will be given an exercise to cut and clear any unhealthy energetic chord attachments to your past, so that you can move forward confidently into the world of dating.



**One of my absolute favourite sayings is 'the past is behind you, you're not heading in that direction'.**



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*Now is the time to let the past go...*

If you find yourself numbing and avoiding men, because your ex hurt you by betrayal and/or abandonment, and now you close yourself off from fear of making the same 'mistakes' then you let him 'win'. You deny yourself the love and connection you deserve. You don't allow yourself to be in the presence of a great man, who sees the greatness in you.

**And** you hold the baggage of your past. The pain, the resentment, the pity, the guilt. Whether you choose to stay single or not — you get to decide if you want that going into the next decade and beyond with you.

*If you're ready to let go...let's begin.*

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*Now is the time to let the past go...*

## **CUTTING & CLEARING UNHEALTHY CHORD ATTACHMENTS**

**Before we begin, get clear on WHO...**

Who is the person in this dynamic? It could be someone in your past or present? Your ex, your husband, your dad for leaving you? .... and now you mistrust men? Could it also be you because you kept 'going back' or ignored the signs?

Decide who this person is. Maybe you have already had your clearing conversation and there is still uncomfortable energy there? This is that person.



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lets get started...

step 1

## **SET YOUR INTENTION...**

Why are you doing this process? What is your intention behind it? Write it on paper number one.

*example:*

My intention is to release the resentment I hold towards my ex.



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*step 2*

## **WHAT IS THE OUTCOME FOR YOU?**

How will you feel once this process is complete? Write this in present tense as if it has already occurred.

*example:*

I feel lighter, at ease, my thoughts are clearer and I have space to choose and love myself deeply.



step 3

## **Write the Unconscious RAGE/ANGER Letter**

This is the time for you to express every emotion society might perceive as 'bad'.

Every angry thought. Every revengeful thought. Every spiteful thought. All of the FUCK YOU'S. Any irrational thought.

Leave no thought unspoken. Nobody but you will ever read this. Allow yourself to really go THERE. This is your opportunity to let your wound express all she felt, all she never got to say. Don't rob yourself of this opportunity.



step 4

## **Write the SADNESS Letter.**

Underneath anger is sadness and hurt.

This is the time to let your most vulnerable and sensible truths be expressed.

In this letter, be honest without pressuring yourself to have it together. Let the sadness be released, let your sadness be seen. She has been needing a voice, and yet, our facade to 'Have it all together' stopped us from truly going there. This is your time to let it all OUT.



step 5

## Write the GRATITUDE Letter.

This person/experience came into your life for a reason. Those who hurt us are messengers of love. They had the hardest challenge of all, to love us through the vehicle of hurting us. That was their soul assignment. Knowing that there is magic and a lesson to be found in everything, use this letter to express your gratitude to that person.

Despite the hurt, the sadness and the rage, what can you give thanks for to this person? What lessons did you learn thanks to it all? What opportunities opened for you, thanks to going through it all? What did all of that help you become?



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*step 6*

**BURN ALL THREE LETTERS.**



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*step 7*

## **CLEANSE IT ALL AWAY.**

Go for a swim or take a shower. Visualise and imagine the water washing over all of those feelings, making it now possible for you to rest in a space of forgiveness and peace.

**THIS PROCESS MUST BE DONE IN ONE SITTING. DO NOT STOP AND START THIS PROCESS!**

*next.....*

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