



Cord of life  
Bundle



# LOVE FROM SOUL TO SOUL

WELCOME TO THE WORKBOOK OF THE  
CORD OF LIFE BUNDLE

You are here because something within you is calling for healing.

Perhaps quietly, perhaps for a long time. A longing to make peace – with your mother, with your story, and with yourself.

There was a time when your connection was whole. Before words, gestures, or experiences created the first cracks. A time when you were connected by the thread of life – heart to heart, breath by breath.

Then life happened. Expectations, wounds, misunderstandings. Perhaps even pain that words cannot hold. And with each of those moments, your heart withdrew a little further.

Yet deep within you, this original connection still exists. Untouched. It is not waiting for the past – it is waiting for you. For your courage to step back into it.

This workbook guides you along three paths back:

Part 1 leads you to an honest assessment of your relationship with your mother today.

Part 2 opens your view to the bigger picture – the soul plan that has connected you.

Part 3 invites you to actively step into healing, release the old, and realign your heart.

Take your time. Let the questions sink in. Some answers may come instantly, others later. Everything unfolds at your own pace.

May this workbook remind you that healing does not mean changing the past – but freeing your present.

So your heart can open wide again to the life that is waiting for you.

Annie Lauer  
CEO & founder  
Alignment Coaching®

# WHERE WE STAND TODAY

## *An Honest Self-Assessment*

In this section, you will look honestly and lovingly at what is present right now. You will explore your feelings, thoughts, and memories of your mother—without judgment or the need to change anything. Everything is allowed to have its place here.

When you think of your mother spontaneously – what is the first feeling that comes up?

Which three words best describe your relationship right now?

In which situations do you still feel like a child when you're around her?

# A SOUL PERSPECTIVE

## *What Your Soul Contract Reveals*

In this section, you'll open yourself to the wider perspective of your soul. You'll explore the question of why you chose this particular mother for your life's journey. Allow new insights to emerge—perhaps in the form of gratitude, or as a deeper understanding of your path.

If you believe you chose your mother, why do you think that was?

What strengths or abilities have you developed because of your mother?

Is there a situation where you can now say, 'That prepared me for my purpose'?

# REALIGNMENT

## *Letting Go & Opening Your Heart*

In this section, you turn your gaze forward. You make a conscious choice about how you want to shape your relationship with your mother—whether inwardly or outwardly—today. Let your answers guide you, and open yourself to new, healing possibilities.

What would you like to let go of in order to heal your relationship with your mother—or the memory of it?

What might your life look like if your “lifeline” to your mother were fully healed?

What small action or practice can you take today to move closer to that state?



## *What's next?* NEXT STEPS

Find Support in the Medicine of Animals

Healing the mother wound reminds us: we don't have to walk this path alone.  
Support can come from many places – including nature.

Animal spirits are our companions here on Earth. Their medicine offers us  
courage, calm, strength, or clarity – exactly what we need in the moment.

In my mini-course *Roots & Spirits*, I guide you through 5 lessons where you'll  
discover your power animals, understand their messages, and learn how to work  
with their energy in your daily life.

With a guided meditation, beautifully designed worksheets, and a creative art  
project, you'll build a deep connection to the animal spirits.

Introductory price: only \$27  
Click here to learn more & get started today:

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right click - open in new tab