

Magical Mothering Method

Healing Session

Month 1: Finding the Roots

Week 2: Root Chakra Healing Session

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Magical Mother Womb Healing

While there are many sources of information out in the world, I will be sharing information that I have received through the Magical Mother. This is the Divine Feminine or Heavenly Mother. Doing integration work with the Magical Mother will work best if you are able to take Epsom or Himalayan Salt bath to enter into the womb space again. Each week make time and space to sit in mediation wrapped in a warm salt bath. Feel the warmth of the sacred space. Throughout our time together we will create rituals and rhythms to integrate and create space to connect with our higher self, our guides, and the Magical Mother. If a bath is not possible, fill a bowl of salt water up in the shower. Envision being surrounded by a womb of pure unconditional love. (Again this will get easier each week as we unfold and unravel.)

During my own healing journey I was guided and transformed through this very process that I am revealing and sharing with you. Doing weekly Magical Mothering Womb Healing sessions, in a bath or with a foot tub of epsom/ Himalayan salt is going to prove to be a vital aspect of integrating this transformative work.

Finding our Inner Child in our Roots

During this journey into the underworld we will find a missing piece of ourselves. This child, if it is your first time doing this, is the gate keeper child. They hold all the trauma and memories from our childhood. I suggest watching this part of the video or watching it again during a Magical Mothering Womb Healing Session.

What is the Need?

Once you have awareness of the need from your inner child. Take the time and write out experiences that you have found yourself in during your lifetime trying to get that need fulfilled. You have been trying to fulfill this need in many experiences and with many others. These have most likely made you feel disappointed, abandoned or alone when your needs were not fulfilled. There will be other needs that arise for you and doing this exercise to discover them, will prove invaluable.

Journal/ Art expression

- Take an inventory of past hurts, traumas, and experiences that have shaped your life and your outlook on life.
- Check in with your belief systems, the ones you were raised with and where you are at now in your life.
- How were you told to manage emotions as a child?
- What made you feel safe, or not growing up?

Please take the time to share these findings with the Magical Mothering Method Group.