

# Magical Mothering Method

## Chakra Reprogramming Session

Month 2: ReAwakening the Pleasure Center

Week 7: Sacral Chakra Reprogramming Session

Copyright 2020

Written and Created by Stephanie Mathews

[www.magicalmothering.com](http://www.magicalmothering.com)

## Ending the Emotional Rollercoaster

Our emotions take over us many times a day. The world is becoming more and more emotionally triggering as a way to control and keep us from being present. There is a way to shift this and to step into the appropriate emotional responses and to feel what is happening in the moment. Throughout this session we will use reprogramming aspects to help us shift out of the emotional rollercoaster and into our present feelings. These are often vastly different.

## Triggering the Emotion

During the session I will make you emotionally triggered. I will create the space for you to feel deeply. By doing this, I want you to take notice and write down the memories that were wrapped up in those emotions. I want you to take notice that those memories are the root causes or one of the root causes of those emotional triggers. The rest of the aspects that are still happening are just feeding off of that original memory. Now is the time to feel those original memories fully.

Prepare a womb healing bath and allow for the emotions to move through your body fully. Allow for those emotions to be tapped and to pour out of your body, mind and spirit to give space for new life, new feelings, and a fresh start. This emotion has been draining you and leaving you depleted. It is no longer serving you to tuck it away pretending that it is not affecting you. It is time to feel fully. Allow for the pain, sadness, grief, anger, rage, resentment, or any other overtaking emotion to be fully felt.

# EFT Tapping Points



## EFT for Addictive Behaviors & Addiction

Our addictions often overtake us or control us without even knowing what is happening. Allowing for yourself to gain control back over your behaviors, thoughts, and emotions is a powerful practice to heal your sacral chakra. If the actions or behaviors that are done are not done intentionally or with control, they can easily become addictions. There is a point when the actions, thoughts and emotions come into alignment with your desire to embody your higher self and huge shifts happen. EFT is a powerful tool to help create those shifts.