

Magical Mothering Method

Solar Plexus Chakra Healing Session

Month 3: Stepping out of FEAR into Empowerment

Week 10: Healing Our Worthiness from Within

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Healing Our Worthiness from Within

How old were you the first time you felt unworthy? Where were you?

What were you doing?

Do you remember a moment in time when no one stood up for you? How old were you? What story did you tell yourself?

Can you remember a time when someone did stick up for you?
How old were you? What story did you tell yourself?

Have you ever felt free to feel sexy? Confident? Empowered?

Where you ever told that any of those things were “bad”? How old were you?

How did you solve that?

Through these questions we begin to see that our worthiness is often wrapped up in the stories and perceived aspects of those around us. We are taught by the reactions of those around us. We learn through others responses and we then shift/transform ourselves to make others more comfortable. So how do we go about truly finding who you are. There is an empowered, whole, magical you, just waiting to create something absolutely unique. Yet, in order to fully step into that aspect there is a need to rewrite the stories that you have believed about yourself.

Empathic Abilities

You have abilities that are not understood often by your own understanding but definitely not by mainstream culture. When I was a child I could see, feel and hear the darkness of others. I could see entities, demons and angels. I could see brokenness or trauma in others, and feel the pain that they themselves refused to feel.

What abilities did you have as a child that you were unable to share because it scared others or was misunderstood?

Cord Cutting

Cord Cutting is a healing practice of removing the energetic ties that others have to you. All throughout the day energetic cords are attached into our solar plexus to create connections. The more experiences we have with someone the more thicker the cord will become, taking up more of our own personal space. This can create feelings of feeling overwhelmed, invisible or overshadowed. It is important to do this practice regularly to remove the cords of others so that you can stay grounded in YOUR personal empowerment and intuitive guidance instead of being swayed by others.

Using a Selenite wand is a powerful tool to help with the cord cutting process. These are available in the Magical Mothering Shop.

