

Magical Mothering Method

Chakra Reprogramming Session

Month 3: Stepping out of FEAR into Empowerment

Week 11: Reprogramming the FAILURE to trust our INTUITION

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How Brain Development affects Everyday Life

During our early life is when our brain develops. If crucial moments of time are not met it can affect our entire lives. We need lots of love, attention, physical touch, and communication as we are growing. If we do not get these needs met, we end up losing out on the ability to cope and regulate all aspects of our bodies, even as adults!

There are 5 areas of the brain. Each with its own needs during developmental phases of growing.

- Brain Stem/ Spinal Cord: This is developed in utero. The care and nutrition that our mothers took while pregnant has to do with our ability to control our body, walk evenly, have proper response times to stimulus, and create space for ourselves.
- Diencephalon: Developed in Infancy- Controls our Autonomic Nervous System. This controls all functions of our body from regulating our heart rate, wakefulness, sleep, digestive system, sex drive and even our blood pressure. So much of our bodies regulatory system was created within the first months of our lives. If our needs of getting heard, fed, snuggled and loved are not met, there can be a lasting effect throughout the rest of our lives.
- Limbic: Develops from Infancy to Early Childhood. Regulates our emotions and memory. This is our function to respond to emotional stimuli and reinforce behavior. If a consistent fight, flight or freeze response was initiated in early childhood it affects our ability to regulate and control our emotional responses.
- Cortex: This starts at around 2 years old and lasts until the age of 24! This is where our intelligence, personality, motor functions, Planning and organizing, touch sensation, ability to process outside stimuli and language is stored.
- Frontal Cortex- Adolescence to 25 years old. This mainly has to do with impulse control, spontaneity, problem solving, motor function, sexual behavior, social behavior, judgement, initiation, language and memory.

Reprogramming the FAILURE

So often we feel like failures or often feel we are unable to change the way we react in situations. Often we go with the decision that has been on autopilot vs making a new choice to change our circumstances. This is a vital component of taking the next step in our evolutionary experience. Going back into the stages of our brain development and fulfilling the needs or desires we had with our magical mother is vital. During the retreats that I lead, this will also be a big part of the process. Receiving affectionate love and support that may have been missing from your life as a child.

Spending time in developmental phases to HEAL

During this weeks video I want you to look over the list of developmental aspects. Find what age range this brain development took place. Then I want you to immolate that age. If it developed in infancy, crawl around, snuggle a teddy, find someone to hold you with no expectations. This is vital to healing that part of the brain! This is why I do the inner child work and why retreats are so important to have the experiential aspect of the healing.

Failure Doesn't Mean you FAILED!

Failure is the bodies way of sharing and showing you that the outcome is not what you wanted. So it means that a different approach must be made. Instead of just continuing to do the same thing you always did, it is time to take the time to stop, get present, go into the pillar of light and get a different perspective on the situation.