

Magical Mothering Method

Heart Chakra Reprogramming

Month 4: Heart Chakra

Week 15: Reprogramming the Heart with Time Line Therapy

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Time Line Therapy

Time Line Therapy is a powerful form of Neurolinguistic programming that helps heal repetitive emotional triggers or traumas, in one session. In order to incorporate this method of healing into your practice, please read the book *Time Line Therapy* by Tad James & Wyatt Woodsmall. This will give you the ability to practice this method safely and effectively.

Time line therapy is an effective reprogramming technique as it gathers up all of the experiences that have ever been felt. Our emotions get stored along with the memory. So while we may not remember each of our individual memories we often have the ability to recall in a single moment every emotion that has been similar. That is the power of the brain.

Our emotional body is effected, every time it recalls a similar emotion, it brings up the entire timeline of that emotion. Hence, why when you get angry, it can be explosive and the reaction can be much bigger than what is actually occurring in the moment because every other angry reaction is being felt alongside what is happening in the moment. There is a powerful crescendo of emotions that has been building up alongside each emotion.

Time line therapy also allows for the person to gather up that piece of themselves that is then lost in that memory. There are millions of pieces of ourselves that are trapped in the past rather than being able to be fully in the present moment. The present moment allows for us to create emotional reactions that are appropriate for the moment rather than pulling all the emotions from the past as well.

One final aspect that Time Line Therapy helps individuals with, is no longer bringing these types of experiences into the body. When we deal fully with the past, gathering up ourselves, we are no longer attracting these experiences to the body. We attract what we feel. We feel what we are holding onto, and often we attract aspects or emotional experiences into our lives that we are no longer wanting but can't seem to move on from. This is where time line therapy can have a major shift in our manifestation abilities.

When helping individuals, especially with their emotional reactions, this is a powerful tool.

Gathering up the Betrayal of the Heart

In this session, we are gathering up all the betrayals we have ever experienced. It is a powerful tool to heal, and therefor no longer attract betrayal into our lives. Because what we are holding onto in our bodies, we also attract.

Betrayal is when someone you trust, breaks that trust by either deception, abuse, lying, cheating, or doing the thing that was either spoken or unspoken that would not be done to the other.

Betrayal can also be abandonment. Many of us in the group feel that we were abandoned at one moment or another throughout our lifetime, from our parents. There was a moment in time when we needed them, and they were either able to not be there or we felt they were not there emotionally/ physically for us.

Abandonment is a lasting and highly manifestable emotion. It is easy and effortless to pull in people, places, experiences when this is an undealt with emotional reaction.

Before doing the reprogramming this week, please answer the following questions to cue your subconscious to quickly gathering up all experiences that need to reset this pattern from repeating again in your life.

When is the first time I remember being abandoned?

What emotions do I remember from that experience?

Who betrayed me for the first time?

What emotions do I remember from that experience?

As you go through the Time Line Therapy reprogramming, remember to gather up not just the abandonment and betrayal, but all the emotional reactions that go along with that. Those may linger into more experiences causing more chaos than the actual trauma.

After completing the healing, it is vital to see what lesson you have learned from this experience. What is the golden rule.

How can you keep your heart open, trusting fully, without any fear? Do you need to be more mindful of those you let into your space to begin with? Do you need to set up more clear boundaries with those that you can't get out of your life?

With your own clients, after you have read the Time Line Therapy Book, you want to make sure that they have clearly identified a lesson they have learned so that they do not have to keep bringing this experience into their life.

Thank you for the lesson of, _____ . I have experienced this lesson many times and have finally learned the valuable lesson of _____ . I no longer need to experience this lesson anymore.

Know you have great power in your ability to no longer “suffer” from experiences that you have lived through many times. This is now the time that you will create a new awakening, new experiences that will help you grow more towards your higher self.