

Magical Mothering Method

Throat Chakra Healing

Month 5: Throat Chakra

Week 18: Healing the Throat Chakra

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Feeling Heard, Understood and Received

Our throat chakra is often damaged because of those that we were around when we were little. I was raised in a home that wanted obedience, no talking back and my thoughts, opinions and ideas were not equal to the adults in the home. Does any of this sound familiar?

The ability for us to be heard, valued and understood in our adult life, requires the healing of our inner child, as this is our foundation. If we want to create meaningful relationships that we feel fulfilled and valued in, we must create a new foundation to build upon.

Our throat chakra is a valuable part of that new foundation. Each of the chakras that we have done work with for the previous months is a vital part of our healing work. Knowing what has caused and creates our foundation is all a part of us taking an active role in our own lives. Going from feeling broken, to feeling whole and confident.

Speaking our truth is often done at first in a tone of “bitchiness,” “anger,” or “in tears.” But this is often just the initial first steps of truly getting into a space of wholeness in our throat chakras. Our inner selves will often lash out at those that have hurt them when you first start speaking your truth. Own the mistakes, mis steps and don't get discouraged by your growing pains. All new aspects of our lives take some adjusting, so be especially gentle with those around you and try to write down, record on your phone or video your truths before possibly hurting those around you trying to discover your own path to speaking your truth.

Healing does not just happen overnight, yet you can get a place of being heard and voicing your truth rather quickly if you take the time to do the work.

Our inner child is still the guide to finding out why we feel the ways we do, and how to shift into communicating in a way that makes people connect with you rather than repel them. Yet, our higher self is equally important when it comes to learning to speak our truth. We have silenced ourselves from our experiences as a child, and now it is time to learn how to share our truth with the help of our higher self.

It is vital to learn how to communicate to bring people in rather than push them away. As humans our desire is to connect with others, to be a part of something bigger than ourselves and share our abilities with those in that community around us. Sometimes it takes finding communities outside of where you live to start with. Attending Magical Mothering retreats, festivals or other gatherings, can help bring you into an active space of sharing your gifts with others that are open to communicating and listening.

We will be using our voices to express our hidden truth. We will be utilizing this process through automatic writing. First we will get out a piece of paper and colored pencils, crayons, markers, paint, anything that you used to love using as a child. Then I want your inner child to draw a picture of your heart felt desire, dreams, or needs. Share a picture of your art with the group either in Facebook or in the forum.

Next we will put a pen to the paper, and ask our higher self to share with us what it would like for us to start expressing.

Automatic Writing Steps:

1. Take a moment to connect with your higher self. Visualize them clearly in your minds eye.
2. Take some deep breaths to connect to the present moment.
3. Put your pen to the paper and allow either your thoughts to hear clearly what to write or allow your pen to be guided by your higher self.
4. Don't force or rush this process. You can simply start by writing a question at the top of the paper as well, then allow for the answer to flow through you, not from you.

* What is my truth?

* What have I been scared to share, despite knowing that it is my truth?

* What would change in my life if I shared the truth with those around me?

* Who is my community?

Share these insights with the Magical Mothering Method Community.