

Magical Mothering Method

Throat Chakra Reprogramming

Month 5: Throat Chakra

Week 19: Throat Chakra Reprogramming through Higher Self
Communication

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Speaking from Integrity rather than FEAR

Learning to speak without judgement, complaining or fear is a vital part of healing our throat chakra. Speaking from our higher self will allow for you to no longer feel like the victim, blame others and can clearly communicate your desires.

Video Exercise Experience:

Words that triggered you-

What do you want to blame another-

Where in your body are these emotions being held-

What did you experience from tapping?

I am feeling....

Because I need....

(This is from our inner child or fear aspect of us)

What can we do personally for yourselves to fulfill these needs?

If you need to communicate with someone else, step fully into your higher self or practice automatic writing to convey the messages from your higher self. Allow for your higher self to look at another

with unconditional love and acceptance, as well as seeing that they are possibly living or speaking from their inner child fears or unmet needs.

Magical Listening

When communicating especially with someone who is triggered, or if we are getting triggered, we want to join with them and offer our acknowledgment of their feelings as well as our own. The person we are speaking with wants to be heard, just as we do when we are upset. Logic and reasoning will never work when someone is upset. Showing empathy, or acknowledgment that you understand how they feel, will help the other person feel you making the effort to connect with them, as well as filling your own needs of connection.

When we practice magical listening we are trying to put into words what is actually being felt, conveyed and communicated, rather than getting defensive. Acknowledging and naming the emotion can help create a release of strong emotions. Most of time we just try to fix the problem, rather than naming the emotion. Magical listening helps us name the emotion and acknowledge the feelings, creating connection. Being mindful of your own emotions that are coming to the service can help a clear conversation to occur rather than projecting feelings to someone else. There is no reason to rush to the problem solving aspects of communication. Connection will always help calm and give confidence. The problem solving will come but connect first!

There are two parts to Magical listening:

1. The magical listening phase

Start with an opener: “You seem...” “It sounds like...”

Add a feeling word: “angry..” “frustrated...” “bitter...”

2. The problem solving steps

Identify the problem: Find out what happened to create the feelings

“Can you tell me what happened?”

Repeat or “mirror” back what was said to make sure it is understood.

“You are crying because you can’t find your favorite toy?”

“You are feeling angry because I did not acknowledge you”

Brainstorm about possible solutions WITH the other individual

“What can I do to help you feel more heard?”

“Do you remember where you saw it last?”

“May I help you look for it?”

Decide with the other person what solution would work

“When talking with you, not looking at my phone will help you feel more heard, correct?”

Check back with the other person to see if solution worked and how they are feeling

Sometimes there just isn’t a solution to the feeling at hand. Let the other person just be in that feeling, fully experiencing and just offer to connect with them.

Let them feel their emotions for as long as they need. Once the emotion has ran its course they will move on naturally. We do not need to distract, cheer up or try to make it better. Our body will release the emotions on its own in its own time. When we try to move them out too fast they can get stored in our body!

All feelings are acceptable. This doesn't mean that others can act on all their feelings, but they have the right to feel the emotion.

“Mirroring”

This technique helps others to open up. Simply “mirror” back to the other person what they said in a questioning tone of voice.

Other: “I don't want to go to their house again.”

You: “You don't want to go their house again?”

Other: “NO, they were not kind to me when we were playing outside!”

Once you have an idea of the problem, magical listening can continue with the acknowledgment of their emotions, and then to problem solving.

Magical Listening Process:

1. Listen

Stop what you are doing

Get present to this moment, not a phone, tv, past or future moment

2. Hear the feeling

Listen to the others words

Ask yourself, “What is this person feeling?”

Think of word that describes the feeling

3. Say what you have heard

Think of yourself as a mirror that shows the others feelings

Think about why they may be feeling this way

Put your thoughts in a sentence using “You feel” and “Because”

“You feel angry because you have to go to bed.”

“You feel frustrated because you can’t go see your grandma.”

Avoid using responses that don’t offer acknowledgement and connection.

“Don’t speak to me like that.”

If you are feeling like you need more personalized I do have 1-on-1 sessions available. Please reach out for the price breaks available for this program.