

# Magical Mothering Method

## Remembering Your Authentic Self

Month 6: Throat Chakra

Week 23: Reprogramming the Third Eye Chakra

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Written and Created by Stephanie Mathews

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## Remembering Who we Are

The process of remembering who we are is going to be the most important component of the this week. Going back to a time of being who we truly are, may have only happened for a brief time as a infant before the programming began.

We ultimately want to release the vision of our false selves, so we can step fully into our authentic self. Releasing the labels, judgements, and beliefs that molded us into our false selves to begin with.

If there are aspects of yourself that are keeping you from seeing your worthiness, value and magic, please take the time to attend a live group healing session or book a private session with me so we can get to the root cause of the issue. Releasing those aspects that have been programmed for good.

Our higher self is the ultimate authority on helping us realize who we are and our power that lies within.

## Looking at all Attributes that Make up YOU!

I want you to take a look at all the aspects that make up you. The good, the bad, the ugly, the beautiful, the positive, the negative.

Make a list of all the aspects that make up YOU:

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## What does your shadow not want anyone to see?

Video of me sharing my shadow self: <https://youtu.be/hMltraXt1AE>

What aspects of yourself do you want to make sure that no one knows or thinks about you?

What do you think in your mind that you would never want the outside world to know about you?

When we reveal that the shadow is lurking behind everything that we do, and allow for us to step through that fear that we will be hated or despised, yet when we reveal our shadow, connection and authenticity occurs instead.

Activity for this week:

Make a collage with all the aspects of you. Take the time to cut out magazine pictures, print out pictures, and be on the lookout for finding aspects of yourself to create a visualization of all aspects of yourself. Taking care to highlight the aspects of your shadow front and center, to really allow for those aspects to shine again!

## Remembering Attributes as a Child

Remembering the aspects of who you are as a child will allow for those authentic attributes to come through more fully.

False Self Attributes:

Authentic Self Attributes:

Please take time to share the revelations of your authentic self in the private forum community or in a personal blog on the website. Share a video of your shadow self, like I did in the Magical Mothering Method Facebook Group. Take the time to integrate your Head, Heart and Hands.