

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

www.magicalmothering.com

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.