

# Magical Mothering Method

## Crown Chakra Reprogramming

Month 7: Crown Chakra

Week 27: Reprogramming the Crown Chakra

Copyright 2020

Written and Created by Stephanie Mathews

[www.magicalmothering.com](http://www.magicalmothering.com)

## Reprogramming the Crown Chakra

As we create space for ourselves as a part of the oneness of the universe, it is vital to reprogram any limiting beliefs we have about ourselves and our abilities before moving on to activating the higher chakras. Our mindset needs to be strong, knowing our power and able to turn away any negative thoughts.

We will be transforming our negative voices in this reprogramming. Turning them into aspects of our higher self and allowing for our thoughts to only be FOR us. If our mindset is not tuned into our source energy or higher power, we will begin to think that our thoughts are real. Often making ourselves feel bad, guilty or shameful.

Gaining control over our thoughts is one of the most powerful ways to reprogram our lives. Allowing us to create the reality of being a part of the unity of the universe, seeing that we are an individual who has a great purpose on this planet, and creating space for ourselves to thrive with our thoughts all rooting for us!

## Transforming the Negative Voices in your Mind

What does your negative voice sound, look, smell, taste and feel like?

As you see this negative voice begin to take shape, do you notice where some of the sayings came from? (parents, teachers, church)

Name this voice:

Make this voice turn completely into White light, allowing it to become ONE with all there is. Transmuting, transforming, and connecting it with the divine.

Now transform this voice into a powerful being that is directly connected to divine energy and source.

What does this new voice look, sound, smell, taste and feel like?

Give this voice a new name:

Now I want you to have your higher self give you 3 statements that this new voice can start saying to you, to integrate not only your higher self but your connection to source energy

1:

2:

3: