

# Magical Mothering Method

## Soul Chakra Healing

Month 9: Soul Chakra

Week 35: Ending the Struggle through the Akashic Records

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## Changing our Thoughts

It is not enough just to go through the activation and healing, we need to actually change the way our brain thinks so that we can start having new experiences. We have lived the same experiences many times with different people, circumstances, or places, but very similar. A different face, but the same thing. This could have been having for not just this lifetime, but for many lifetimes. It is time to change the way you have been processing these experiences so that you are gaining wisdom from them rather than just coping through them.

### How our thoughts affect our behaviors to have new Experiences

Gaining new coping skills helps change the automatic behaviors that we have used in the past that are no longer serving us. Dissociating, numbing, giving our power away and not being able to handle life, is no longer serving you. It is vital to see where these experiences have gotten you in the past, and how they either created space for you to learn a lesson or to repeat an experience.

### Releasing the Struggle

When we see that we no longer need to keep experiencing struggle, that we can create space to learn the lessons, or in other words, gain wisdom, we can release the struggle. Allowing the lessons, themes, or experiences to be understood in a way that allows for you to see how they all play together or possibly how they can become a part of your purpose, is a powerful way to take back control over your life. No longer allowing the struggle to BE the journey, but allowing the struggle to bring wisdom to your journey is a vital shift in awareness. You are not the struggle. You are not

the experience. You are simply gathering wisdom, purpose, and healing to become whole within these aspects.

As you gather up the struggle, sometimes this will be years or whole lifetimes, but that is not who you are!! These are simply the ways that you had to learn the lessons, themes or wisdom.

## Elixir Bottles

The elixir that you created through your experiences is special to you. There is no other person who has this specific elixir. Only you hold this special concoction.

What specifically have you learned from your past struggles?

What aspects of your lessons are you ready to release?

What aspects of your experiences do you need to integrate so that your brain KNOWS this wisdom and does not need to keep experiencing it to learn it again?

When would be a situation you could sip on the elixir so that you don't have to re-experience this situation again?

Please share the answers to these questions in a user blog, through the text message support, forum or private Facebook group!

If you would like a personal Akashic Records Healing session you can book a session at [MagicalMothering.com](https://MagicalMothering.com).

If you are interested in a Soul Chakra Plant Potion from Magical Mothering, please visit <https://magicalmothering.com/shop>