

# *Healing the Witch Wound*

## **I AM THE LIVING ALTAR**

- We carry the memories, strengths, and sorrows of those who came before us.
- Our ancestors live on through us – in our bones, our intuition, our wisdom.

## **TRAUMA AS AN ECHO**

- Trauma is an echo from the past. It lives in our bodies and can be inherited through our ancestral lines.
- Unhealed trauma often shows up as survival responses.
- Acknowledging and gently meeting these responses is part of the healing path.

## **WHAT IS A WITCH?**

- The word 'witch' carries ancient memory and power, once used to describe seers, healers, and wise ones.
- It is rooted in words meaning 'to bend or shape' and 'to know'.
- Witches work with nature and energy to promote healing and growth.
- Though often associated with women, witches can be of any gender.

## **THE BURNING TIMES**

- From the Dark Ages to the 19th century, thousands—mostly women—were persecuted and executed under accusations of witchcraft.
- Many were midwives, healers, or simply women who lived outside societal norms.
- Around 80% of those killed were women.
- This trauma echoes through time as the **Witch Wound**—a fear of being seen, punished, or silenced for your truth.
- It is both a **feminine wound** and an **“otherness” wound**, affecting all who've been marginalized for their power.
- Remembering this history is part of our healing.

*“It was not witches who burned. It was women.”*

## **THE WITCH WOUND – A Legacy of Survival**

Throughout history, women have adapted in different ways to survive persecution:

- **Some hid their power**, silenced their gifts, and blended in to stay safe.
- **Others turned on each other**, believing that “outing” someone else might protect them or their families.
- Both responses are rooted in fear — a fear so deep it became woven into our DNA.
- And these survival patterns didn't end with them. They were passed down. Generation to generation. Until now.
- We carry not only our ancestors' pain...  
But also the power to transform it.

### *Journal Prompt*

What beliefs or behaviors have I inherited out of fear or survival... that no longer serve me?

How might I choose differently, for myself and for the generations to come?

### **YOUR MOTHER'S, MOTHER'S WOMB**

- You were physically connected to your grandmother before you were even born.
- A female fetus is born with all the eggs she'll ever have—so you were already present in your mother's ovaries while she was inside your grandmother.
- This is a **living, biological reminder** of how closely connected we are to our lineage.
- We carry their rhythms, their memories, their joys, and their sorrows in our very cells.

### *Journal Prompt*

What might I be holding that isn't mine?

What ancestral strength or gift do I carry?

### **ANCESTRAL WOUNDS**

- We inherit more than eye colour and hair texture—we inherit experiences, beliefs, and trauma.
- Depression, anxiety, fear, and scarcity mindsets can all be unprocessed echoes of the past.
- These ancestral imprints can be both burdens and sources of power.

### *Journal Prompt*

What patterns in your family line feel familiar... but might not be yours to carry?

## HOW THE WITCH WOUND SHOWS UP

The Witch Wound isn't just history — it's still present in the way we:

- Fear being seen or heard
- Doubt our gifts and silence our truth
- Feel disconnected from our roots or spirituality
- Isolate ourselves or mistrust others
- Avoid stepping into our power

*“We shrink not because we're small — but because we've been taught that safety lives in the shadows.”*

## HOW TO BEGIN HEALING

### 1. Reconnect with Your Roots

Explore your ancestry, story, and spiritual path.

*Ask: Where do I come from? What wants to be remembered?*

### 2. Acknowledge the Wound

It's not your fault — but it may be yours to heal.

Naming it begins the unraveling.

### 3. Take Aligned Action

Create new patterns. Speak truth. Choose visibility.

Claim what was once forbidden. You are safe to shine.

### *Journal Prompt*

Where have I been hiding out of fear of being seen?

What part of my power am I ready to reclaim?



Website



Instagram