



Connect With Life™

WORKBOOK

Healing THE Witch Wound

Connect With Life Workbook



Healing the Witch Wound

From default to deliberate living, reclaiming voice, intuition and connection.

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A thoughtful space to notice old stories, listen inward and return to the parts of yourself that remember.

Your journey

Move through these sections at your own pace. Use the writing spaces to pause, reflect and make the work your own.

Section	Focus
01 · Core Wounds in Women	Competition, connection and sisterhood
02 · Core Wounds in Men	Sensitivity, softness and integration
03 · Healing the Wounds	Awareness, voice, intuition and power
04 · Archetypal Exploration	Stories, lineage, and the word “witch”
05 · Lighting the Flame of Remembrance	A ritual for remembering and reclaiming
06 · Reclaiming Your Gifts	Suppressed gifts and intuitive knowing
07 · Life After Healing the Witch Wound	Integration, alignment and legacy

Take what is useful, return when you need to and let the pages hold what you are ready to see.

Core Wounds in Women

Historically, women were encouraged to turn on each other in times of persecution. These divisions still affect us today, causing feelings of competition, jealousy and distrust among women.

Key takeaway

Healing the sisterhood wound begins with radical self-honesty and a willingness to see the feminine in others without judgment.

Reflection Questions

- How do you experience competition or jealousy within your relationships with other women?
- What messages did you receive growing up about “good girls” versus “bad girls”?
- Where do I hide my power or water down my truth?

Writing Exercise • The Shadow of the Witch

Write about a time when you felt the shadow of the “witch” in your relationship with another woman. What fears did it bring up and how can you reframe it to embrace connection instead?

Write here or in your notebook

Healing the sisterhood wound requires radical self-honesty and a commitment to seeing the feminine in others without judgment. This is an invitation to let go of old patterns of competition and step into true, supportive sisterhood.

Writing Exercise • Letters of Forgiveness

Write a letter of forgiveness to any women you have felt competitive or disconnected from. Then, write a letter to yourself, affirming your deep connection to the divine feminine within.

Write here or in your notebook

Core Wounds in Men

This reflection invites a fuller understanding of power: one that makes room for sensitivity, softness, emotion, intuition and spiritual connection.

A gentle invitation

Notice where you have learned to silence or suppress parts of yourself and where integration might create more freedom.

Reflection Questions

1. Where have I silenced my own sensitivity?
2. Where do I fear or reject the feminine in myself or others?
3. Where have I been taught that my power lies only in logic or control?
4. What was the message around feelings growing up?
5. Where does my soul long for expression?
6. Where have I learned to reject or suppress softness, emotion, or spiritual connection?
7. Who modelled intuitive power for me, if anyone?

And for women

How do I honour the sacred masculine in a way that invites integration, not dominance?

Notes

Healing the Wounds

The first step in healing is awareness. Acknowledge the energetic imprint the Witch Wound has left on your body, mind and soul. Begin to notice where you feel resistance to standing in your power.

Key takeaway

Awareness creates a place to begin: notice the resistance, listen to the body and meet what you find with care.

Awareness Exercise

Take a few moments to close your eyes and tune into your body. Where do you feel tension when you think about expressing your power or intuition? Is there a certain part of your body that holds discomfort? Journal your thoughts and reflections.

Body notes

Reclaiming Your Voice

Affirmations and Meditations

Affirmation Practice

"I trust my intuition."

"My voice is powerful and worthy of being heard."

"I am connected to the wisdom of my ancestors."

Meditation Practice

Practice the guided meditation in the video as often as you wish, until you feel you have reconnected with your inner voice and intuition.

Journaling Exercise • Owning Your Power

- Who am I without the fear?

- Write about one area of your life where you are stepping more fully into your power and what that looks like for you.
- Think of 2 or 3 recent moments where you held back, stayed silent, or shape-shifted to make others comfortable. What would your truest self have done instead?

Write here or in your notebook

Archetypal Exploration

Explore what the word “witch” evokes, where your voice is held back and what stories of persecution or silence may be moving through your lineage or soul memory.

Reflection Questions

1. What does the word “witch” evoke in me? Fear, curiosity, pride or shame?
2. Where in my life do I hold back my full voice, presence or intuitive knowing?
3. What stories of persecution or silence might I be carrying from my lineage or soul memory?
4. Were there midwives, medicine women, spiritual seekers or rebels in your lineage?

Reflection notes

Lighting the Flame of Remembrance

You are invited to repeat this ritual anytime during the course. It is always here for you, a soft place to land when old stories rise to the surface.

Lighting the flame

A quiet ritual for reconnecting with memory, power, wisdom, voice and inner knowing.

You Will Need

- ☐ A candle, any kind, but a white or natural beeswax candle would be beautiful if possible.
- ☐ A quiet space where you can sit undisturbed for a few minutes.
- ☐ Optional: A small stone or crystal to hold, like rose quartz, clear quartz or black tourmaline.

Instructions

1. **Ground yourself.** Sit comfortably. Place one hand on your heart and one on your belly. Take three deep, slow breaths, letting your body settle and soften.
2. **Light your candle.** As you strike the match or lighter, imagine you are also sparking the flame of your ancestral memory. The memory of your power, your wisdom, and your voice.
3. **Whisper an invocation.**

"I light this flame in honour of the ones who came before me. I light this flame for the part of me that remembers. I am safe to reclaim my voice, my power and my inner wisdom."

1. **Sit with the light.** Gaze at the candle's flame for a few moments. Imagine it illuminating the hidden places within you where old fears once lived, not burning them away, but gently bringing them into the light of love and awareness.

Closing Words

Seal the ritual.

When you are ready, blow out the candle with gratitude.

(You might want to say: "It is done. I remember. I reclaim.")

Or simply close your eyes for a moment and feel the shift.

Reclaiming Your Gifts

Make space for the intuitive gifts and qualities that may have been suppressed and listen for the wisdom that is ready to return.

Reflection Prompts • What Gifts Were Suppressed?

1. What intuitive gifts or qualities do you feel were suppressed in you due to the Witch Wound?
2. How do these gifts show up for you today, or, how would they show up if you allowed them to fully blossom?
3. Where is my power most alive?

Notes

Soul-Led Journal Prompts

- I am safe to remember... *(Finish this sentence as many times as you need.)*
- The wisdom my ancestors tried to protect inside me is...
- When I close my eyes and imagine reclaiming my full power, it looks like...
- If I no longer carried the fear of being seen, I would...

Write here

Letter-Writing Exercise

Write a letter to the part of you that learned to question your intuition. Let her know she is safe now to be guided by her intuition and discernment.

Write here

Life After Healing the Witch Wound

Healing is also an integration: noticing what has shifted, imagining what becomes possible and choosing practical ways to stay aligned with your true self and your voice.

Key takeaway

The work continues through the ways you remember, reclaim, and live in alignment each day.

Reflection Prompts • How Does Life Look Now?

1. How do you feel after engaging in the healing journey of the Witch Wound?
2. What shifts have you noticed in your relationship with yourself, with others and with your intuition?
3. How do you envision your life once this wound is fully healed? What does it look like, feel like and sound like?
4. What legacy am I here to live and leave?

Reflection notes

Journaling Exercise • Integrating the Healings

- Reflect on the healing process so far: what have you learned, released and reclaimed?
- How will you continue to integrate these lessons into your daily life moving forward?

Write here

Practice • Living in Alignment with Your Power

- Write a personal manifesto of how you intend to live after healing the Witch Wound.
- Make a list of practical steps or intentions for staying aligned with your true self and your

voice.

My manifesto and intentions

A Quiet Closing

You are invited to return to these words whenever you need a soft place to land.

“It is done. I remember. I reclaim.”

Closing Reflection

Let the following words open a final page of reflection. Write slowly, without needing to find the perfect answer.

- I remember...
- I reclaim my voice by...
- I feel connected to...
- I choose alignment with...

Write here

May this work continue to meet you in your voice, your intuition, your connection and the part of you that remembers.

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