

WITCH: Unleashed, Untamed, Unapologetic  
— by Lisa Lister (2017)

Witch, a term that has previously been used to demonize, stigmatize and repress women, is now being reclaimed.

① The Witch is Waking

We're living in "interesting times"

- there's a quickening
- A call
- A remembrance

from the  
Divine  
Feminine  
She

TRUST

our gut  
our intuition  
our power  
our innate wisdom

asks us  
to trust  
ourselves

to rise,  
fully rooted in  
the truth of  
who we are

This remembrance is waking  
the witches

It's a remembrance of who you were before patriarchy put all your fierce and feminine powers into the darkness and taught you to be afraid of the dark.

THE WITCH IS =

- A woman fully in her power
- Represents the part of each of us that has been censored, ignored, punished, or demonized.
- It's a part that wants—no, needs—to be accessed + fully expressed.
- It's the part of us that's in touch with the dark.
- She questions EVERYTHING
- She feels connected to everything—to the earth
- She hears the whispers of those who have gone before her, and she feels the ancient secrets that are in her bones
- She is the one who knows without fail that there's more to this life than actually meets the eye.
- She causes hierarchical power structures to shake in her wake.

②

## THE WITCH =

→ She knows that at any given moment, she can be a hot mess, a woman of grace + beauty, angry + grief-struck, loved and pleasure-sated, tired + soft or raw + vulnerable.

- She knows that sometimes she can be all of these at once

- She's WHOLE

③  
- She reintegrates all the parts of herself that have been dis-membered

- We carry the stories—the pain and the fear—of the women who've gone before us.

- is WILD—a reflection of Nature

- is a powerful force

- is a powerful source

- is passionate, creative, deeply intuitive

- Has a knowing that's older than time itself.

## To BE a witch is to:

• Be a powerful woman in a world where women have, for thousands of years until now, felt really bloody powerless.

• Be a really bloody scary threat to anyone who's not in full integrity, not fully aligned with the truth of who they are and what they stand for

• Be ready to deal with everything that comes with it. ④

• Take fierce responsibility all that the word "witch" represents + symbolizes

• Re-member, re-write, and re-tell HER Story (not "His Story")

This is the greatest story NEVER told. It's OUR story.

• Trust yourself and to trust each other

• Restore the balance in ourselves and on the planet.

I didn't decide to become a witch. I remembered I was one.

To BE a witch is to:

- Call back my power — a calling up and a calling in of the ancient feminine wisdom and power.
- Remember who you were before you forgot
- Reconnect — over and over again <sup>(5)</sup> to your forgotten knowing

FORGET EVERYTHING  
You've EVER been told  
about witches

Don't get too caught up in the details

→ It's what you decide to do + with what you remember that makes the real magic happen.

A Witch is:

- An unapologetic woman
- She alchemizes experiences and emotions
- She is a woman with power, agency, and sovereignty — and she has it on her terms.
- She creates and manifests.
- She is self-sourced
- She freely communes w/nature/spirit
- A woman in her power. <sup>(6)</sup>
- She trusts her inner authority, and doesn't look outside herself for validation or approval.
- She uses her own personal magic to navigate and negotiate the environment she finds herself in.
- Comes in many different forms + flavors.
- She is every woman, regardless of whether she knows or not.
- She is magic, cyclical, powerful.
- The STANCE you take in life.



Calling yourself a witch  
at this moment in history  
is a very big deal.

- We have been told/taught  
to hold back our power, hush  
our voices, and stay small  
we've been told that being  
powerful is unsafe.

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Our work  
WITCH WORK  
is to make it safe to be  
powerful again.

While you're in your cage, you  
stay tame — don't want until  
you feel strong  
enough or brave enough  
↓ ↓ ↓  
You can only find your power  
when you plug yourself back  
into the motherboard → EARTH

## Witch Work:

- Daring to express our fullness
- We must bring it ALL
- BE MORE of everything
- Hold back  
Playing the roles/game  
Push down the scream or  
scared of our own power
- We must trust ourselves

rage + laughter  
beauty + strength  
Fierceness + Grace  
Vulnerability + Force  
Compassion + Passion

- Let it all be seen and felt.
- Dare to take up space
- Trust your own inner feminine  
authority to nurture you and those  
around you.
- Walk into the fire
- Practice being the  
most powerful  
being you can be.
- Have to get comfortable with a lot  
of discomfort — mess.

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and burn over  
and over — the  
stories, beliefs  
you've been  
told, lies that  
have bound you



## \* WITCH WORK:

- FEEL EVERYTHING - be willing to feel it all, the whole freakin' world
  - Disappoint people in order to be true to yourself
  - Know that you are chained to nothing + no one
  - Breathe deeply - right down deep in your womb.
  - Find fierceness + healing and peace in those places of yourself that seem hard + closed off
  - Let the feminine parts of yourself lead the masculine - (you need both), but let the wild nature and chaos and softness of the feminine inform the harder edges of your soul. (9)
  - Love yourself - even the most wild + crazy parts
- [\* it's intense and powerful, but so good + worth it!]

## How ← walking the witch path

- ✓ Get still - ideally in nature
  - FOLLOW YOUR URGES
- ✓ Tell the truth
  - Listen to your body, don't lie to yourself, even if your voice shakes
- ✓ Step Beyond Fear
  - know that you can turn it around. Words have power. When we name our fears, we can begin to witness + overcome them. (10)
- ✓ Be kind (but take no shit)
  - be powerful and kind
- ✓ Notice what's around you
  - be respectful + follow the breadcrumbs
- ✓ Experiment
  - MAKE your own way
- ✓ Expand your Awareness
  - commune
- ✓ Know that you know

Why do we have to remember?  
Why have we forgotten?  
Why do we remember, then  
forget all over again?

## PATRIARCHY

○ Man bashing

○ Christianity bashing

✓ We've ALL been played

[and have been participating in]

⑪ by patriarchy - men + women

This can't be intellectualized.

It must be felt.

Fully

In your body.

The simple act of looking at,  
studying, and exploring what  
happened in history changes it.

the facts may have been written  
down... but what was the agenda  
of the man who wrote them?

History was - and still is - written  
by the victor. And who was the  
victor in the witch hunts?

It certainly was not the women.

Remember: women were rarely  
allowed to write until the 19th century.

My agenda in writing this book  
and telling you everything in it ⑫  
is simple:

I want you to take back  
what's rightfully yours as a woman.

ALL OF IT.

The challenge - specifically for  
women, whose story has been  
censored, silenced, repressed, and  
burned over the last 3,000 years  
is to QUESTION EVERYTHING

For centuries now, we've been living in a society that has no respect or love for womankind.

→ But it wasn't always like that

"Witch" used to be used interchangeably with WISE WOMAN or HEALER, women who had completed their bleeding years. She had arrived in the Seat of her power, (crone = throne) from which she'd teach (13) ancestral knowledge.

"Hag" - used to refer to a woman who refused to conform or bow down to expectations. Hags were willful + badass.

Now - despite their power - they have been reframed to represent the undesirable.

Why?

→ Society: Men make the

the "Witch Woman" →

Witch hunts = A Healer Holocaust

A "Witch" for the church, was a Strong woman - Patriarchy couldn't control a woman's "magic" or her ability to create through her sexuality or female power - so they demonized women + their powers.

To doctors, women were a major threat - men wanted absolute authority - and not to be questioned by women who were healers and (14) in most cases, had much more experience, yet no official standing.

\* 13 Million Women were killed \*

→ It was femicide ←  
The more we fear the witch, the more we fear our own power - which was and still is - exactly the point of patriarchal propaganda.

Because independence, willfulness, and badassery are not qualities men have found attractive in women - and that's what defines a patriarchal rule + women are unassuming participants.



There are 5 witch entities - archetypes - that are present in each & every one of us.

And experiencing and feeling them fully will wake the witch in every woman.

the Golden Ratio →  ← 5 pointed pentagram

(15) ratio (human body)

↑ planet versus makes this path

↑ Natural perfection (like what's found inside an apple)

The 5 ↓

The Force of Nature: She who cannot be controlled

The Creatrix: She who dreams, manifests and makes magic

The Oracle: She who trusts her intuition and sees all things

The Healer: She who heals herself and heals the world

The Sorceress: She who is charmed dangerous + not afraid of the dark

The Force of Nature: She who cannot be controlled

I am wild

I am designed to be inconsistent

I am inconsistent on purpose - like nature

I move in cycles

I have deep roots

I honor the truth of who I am.

It is safe for me to be wild.

Our roots have been pulled away from Mother Nature

As a witch, your job is to return to the ways of the Earth - the cycles + seasons - with complete remembrance + reverence

Being connected to the cycles of the Earth is an integral part of being a witch. structure!

Tools + Practices ← Times to work our magic

• The Wheel of the Year - Celtic  
• Sabbats (8) - Solar Festivals (2 equinox, 2 solstices)  
• Esbats (13 Full, 13 New) - Fire Festivals (13 Full, 13 New) Moon rites (Lunars, Sun rites)

(16)

The Creatrix: She who Dreams, Manifests and makes magic

I dream, manifest + make magic  
Every word I speak is a spell  
I am always creating - It's who I am  
I ritualize my intention to create  
I harness the power of my desire  
Internal + external forces  
It is safe for me to be powerful.

(17) A spell is simply a prayer in action - It's an active way of manifesting.

Brigid  
Jade → A spell ritualizes intention and commitment to create my desires.

- Tools ~ Practices → Alters
- Casting a circle
  - Book of shadows (aka Grimoire) is a place to keep all spells, rituals, secrets. Notes on herbs, crystals, oil properties
  - Correspondences - lists of days of week, colors, oils, goddesses used
  - Elements - earth, air, fire, water, spirit/ether together

The Oracle: She who trusts her intuition and can see all things

I trust my intuition and see ALL  
I see, I sense, I feel all things  
things seen + unseen  
I tell stories and communicate thru divination  
I believe in the mysteries  
It is safe for me to trust myself.

When you talk about the witch, what you're really talking about is the mystery. (18)

Isis  
It's about enhancing the fact is: Clear your sensitivity → No one can quartz and response → teach you this - towards both. It takes time, attention + direct, loaded truth bombs ♥  
random thoughts + practice

Tools ~ Practices

- Divination - Tarot Times the root of most Divination is
- Scrying - crystal, to receive
- Rest - when water we bleed/Dark of Moon

DIVINE  
all you need to connect is you

The Healer: She who heals herself and heals the world

I can heal myself and heal the world  
It is in my nature to heal - I know how to do this.


I make medicine

I am medicine - I'm a midwife.

I have everything I need

I possess ancestral knowledge

It is safe to trust my knowing

19 When we remember our hidden power to heal, we can change up our role on this planet. 

Black Madonna \* Trust: the final ingredient \* we have everything \*

Amethyst we need to heal

Tools ~ Practices:

- ▶ Breath
- ▶ Essential Oils
- ▶ Herbs
- ▶ Crystals

This book is a HUGE resource to learn about these!

The Sorceress: She who is charmed, dangerous, and not afraid of

I am charmed + dangerous - dark

I make magic happen

I am not afraid of the dark

My power lies between my thighs

I am an alchemist

I have the ability to change things

I am worthy of calling in what I need and desire

It is safe to trust my desire to

guide me 20

"Where there is woman, there is magic." - Nozake Hecate

"Pandora" literally means: "giver of all gifts" Shange Black obsidian

She knows when she serves herself. She is FULL and WHOLE and able to serve SHE and the world.

She is comfortable in the dark - she knows it is the only way to serve the light. SORCERESS - Reminds you

Tools ~ Practices - penicbow, pleasure, talk

\* It is safe for you to unravel

guide me 20

Hecate Black obsidian

light

Body