



# Healing Sister Wounds

Guidance for uncovering and healing the deepest cuts

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The Sister Wound happens when a patriarchal society makes rules about how women interact with one another. It manifests as jealousy, fear, anger, resentment, distrust, and other emotions that damage or sever connection. Here are some steps to help you in your healing.

## 1. Get Ready

Give yourself time and space to manage this difficult process. Schedule your healing session for an uncluttered and quiet time. Gather pen and paper and something to drink. Make sure your biological needs are met: eat, use the bathroom, change into soft and comfortable clothing.

Start a fire if you like and if it's part of your process. You can light a candle or burn some incense. Do whatever is needed to make your environment calm and quiet. Make sure you are physically comfortable, then take some time and breath to ground yourself in love and healing. Use a guided meditation, if you like, or simply slow your breathing and sink into awareness. Go slowly and allow yourself breaks as you need them.

## 2. Acknowledge the pain.

Write a letter to the person(s) whose actions caused you pain. Don't censor yourself--write the things you would say if they were standing right in front of you and their only reaction was to listen.

When you're done, take a moment to recenter yourself in breath. Walk away and take break if you need one. Remember that this is an act of radical love for everyone.

## 3. Bathe your words in love.

Reread your sentences slowly, pausing every time you feel a strong emotion. Breathe deeply in that pause, and imagine love coursing through you, from the Universe straight to your page. You don't have to do anything but send love to the words and to yourself. Imagine the person who hurt you in the softest, most loving light that you can.

## 4. Practice forgiveness.

Invoke Ho'oponopono, the Hawai'ian prayer of self-forgiveness.

Say these words to yourself first, then send them out into the Universe for she who hurt you:

*I'm sorry.  
I forgive you.  
Thank you.  
I love you.*

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Writing prompts



Dear \_\_\_\_\_ ,

When you

I felt

It reminded me of when

I wish you knew

