

12 Beliefs of the Inner Patriarch

- 1) **Be quiet** - the silencing of women and how to speak the truth
- 2) **Pretty girls don't cry** - emotions, overwhelm and the need to rage
- 3) **You need a man to save you** - the myth of the prince in shining armor
- 4) **Women are bitches** - the sister wound and how to heal it
- 5) **Your pussy is dirty** - disowned lady parts and how to reclaim them (seeing all your femaleness as sacred)
- 6) **You are crazy** - the rag, PMS and other things you should keep under control
- 7) **Suck it up and push through** - the hero's journey isn't for women
- 8) **You can't be smart and beautiful** - how women dim their light and sit in the back of the room
- 9) **Be perfect, "Tits and ass"** - objectification of a woman's body, the dangers of implants and botox
- 10) **Prove yourself** - how to stop being the rugged individual lone wolf doing it on your own ☐
- 11) **Guru at the top knows all the answers** - how to stop giving your power away
- 12) **God will punish you** - how to trust the goddess within

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<http://sistershipcircle.com/feminine-uprising-live>

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