

# Song Of The Witch: For Lifetimes I Felt The Pain

*By Bridget Luff*

For lifetimes I felt the pain.

The betrayal of a body who taught me to love.

The betrayal of a family who dared not look,  
as you burned my insides.

[For lifetimes I remained in my youth.](#)

Not growing older, not letting myself reveal  
the real, the wisdom, the power.

Not sharing how I truly feel.

I am sorry for my silence, his world weeps  
in deep regret for my death.

But the sea, the wind, the rain, the moon call to say the pain  
is the secret to my power. I can no longer keep it quiet, the  
murmurs, they are getting too much for me to shut down...

***Sister, Now is the time to de-robe and show  
Who you are and what you carry  
You have forgotten your strength  
What you think you fear***

***is not there.***

***We are crying, begging for your medicine!  
Heart whispers turn into wild wails,  
Sing your song to us sister, sing your soul.***

To heal, we need to heal the wounds of the betrayal. To tread  
in the dark parts of our psyche, to grieve, to cry, shake,

scream and get messy. And from there my dears, from there we free each other, we free the world.

I no longer fear you for what you did, Patriarchy.

[As I lift the lid on my anger I only mourn.](#)

Hold my hand again, it has taken me many ions to trust you, but I see deep down beyond my shudders that you still love me. And this love we have melts us, as we gaze into one another all the years vanish, and we are back to that waltz.

Just you and me under the cherry tree.

*For more self-study, [The Urban Howl](#) recommends [Awakening Shakti: The Transformative Power of the Goddesses of Yoga](#)<sup>✖</sup>.*

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