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The modern legacy of Magdalene - a Witch woman self-healing journey -

Irini Hara

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In the Womb of the Goddess
I nest my dreams and wants,
In the womb of the Goddess
I find comfort,
Peace and nourishment.
From the Womb of the Goddess
I take Life and Glory,
Sacred Space for my Voice.
From the Womb of the Goddess
I re-create my Inner Self
Giving Birth to the One
I always was.
To the One I learn to Love!
AHO!





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Instead of Introduction

I have always been a Witch but I did not know it until life brought me in front of revelations and choices I had to make, that tested my beliefs, spiritual practices and all the personality construct that conditioning from family and society urged me to build it up since my young years.

It has been the plant medicine in 2015 that opened the door towards connecting with the Inner Goddess, listening to the Silence within and its Voice. That moment, that I remember dearly and with reverence, has been indeed a remembrance of so many voices of other time witches, medicine women, healers, midwives, herbalists, seers, clairvoyants and clairsentients, wise women gifted and so much judged, persecuted, condemned and abused because of who they were and still are.

I will always be a Witch but nowadays, that I walk *the Rosepath of Mary Magdalene*, I am not afraid to show this side of me and I do not fear anymore the judgement, the persecution, the abuse as I have tools and a Voice to stand against them and defend myself if needed. More than having to defend myself, I wish to claim the birthright to speak about Magdalene in ways that can make people curious to know more and experience more, to awaken to a different level of consciousness that I would call Womb Consciousness. That is also the reason I chose as Priestess name *Irini Hara*, meaning *A Womb for Peace*.

This text will challenge the patriarchal (as the official Christian church) view of the Magdalene as a Jesus follower and sinner, rather than a Lover, High Priestess and Wisdom keeper of the Ancient Mysteries of the Sacred Marriage within. In modern spirituality many women and authors speak and write about the Rosepath as a Legacy of the Magdalene life story and message, as a Priestess of Forgotten mysteries and ways [1-7]. She whispers into our souls, our bodies and our hearts to share the eternal knowing that *to be Christed* means to embody the pure and wild flow of Shakti, the Serpent of life force energy [4, 8].



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Magdalene message between the official religious version and the New Era of Aquarius

As priestess of the ancient Womb Rites, Mary Magdalene was at the center of a great and enduring Mystery tradition, one that touched on a stream of perennial spiritual wisdom as old as humanity. Worshipped as the human embodiment of the Goddess, the earthly Sophia, her Womb was the spiritual luminatrix that anointed and empowered Jesus, transforming him into the Christ. She knew how to embody the light and the dark, how to harness the magic potency of sacred sexual energy, and how to cleanse, awaken, and resurrect the soul. Yet, even though she sparked the creation of a worldwide religion, her story and teachings have been placed in the shadow for many centuries [2, 4] and only transmitted as *secret gnosis* (sub Rosa) in temples, chapels, altarpieces, sculptures, symbols and legends.

Unveiling the lost left-hand path of the Magdalene, the Feminine Christ, authors Seren and Azra Bertrand show how this underground stream of knowledge has been carried forward over the millennia through an unbroken lineage of Womb Shamans, Priestesses, Oracles, and Medicine Women [2]. They explain how the Magdalene Mysteries, symbolized by the Rose, have been encoded in Gnostic codices and gospels and in the highest art, literature, and architecture of many ages, including most significantly the Ghent Altarpiece. They examine Mary Magdalene's connection to Moon wisdom, sacred Harlot archetypes, and goddesses in many traditions, including Isis, Inanna, Asherah, Lilith, and Jezebel, and look at shamanic, tantric, and Cathar expressions of sacred feminine mysteries as well as the Witch and Templar roots of Robin Hood and Maid Marian.



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Through these writings and teachings, the Feminine Christ invites us into this Cradle of Union, rebirthing the Wisdom teachings of the ancient Feminine Mystery Schools for a new era, for a New Earth, so we can once again find balance within ourselves and our world [2-5].

I chose to also bring my own personal perspective as trauma Therapist and Womb Priestess around the deeper meaning of this path and how old traditions and practices can merge with modern tools and knowledge to create an innovative School of Life, where women can learn to self-heal from all the wounding that they suffered (including the mother, sister and witch wounds, considered to be *the core wounds* of the womb reality [9]). I made available on my website an e-book that shows the complexity of Womb trauma from a therapeutical and embodied spiritual perspectives [10], suggesting also paths for resolution and healing.

I am actually challenging the outdated spiritual view that we need gurus, spiritual leaders, priests (or even priestesses) and religious practices to show us the way or to create the Sacredness of the ceremony in order to unite with the Divine. Because we, womb carriers, already carry this divine flame inside, as bearers of genetic inheritance and traits that connect us with pre-historic representations of the Goddess as fertile, abundant body of a Woman and Mother. Our body carries the wisdom of ancient times and also a high ability to self-heal. We women, once we gained the inner awareness and confidence in our own skills and alchemical magic cauldron that is the Womb space, can bring the Sacred in every-day life through small rituals and practices. We do not need to build churches, chapels and temples as our body is already a *Temple of the Divine*, where the mysteries of Life and Death can be recreated all over again.

Our cyclic nature due to the menstrual cycle connects us to the Moon and Mother Earth energies and thus we can become vessels of a wider web of life and love, where we are ALL connected and related.



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For centuries this connection with outer Nature has been stigmatized and seen as Devil or Promiscuous, but in reality has always been there for us to help us to connect with Ourselves, our innate Nature as Human and Divine Beings, the Luminous Ones.

This is the real message of Magdalene: She urges us to open our Heart and Womb to the Miracle of Life and Sacred Union. When we embrace our light and shadow, our Inner Masculine and Feminine as One embodied Presence of the Self, we become a Chalice of the Divine. And from this chalice we can share and reflect back to the outer world all the Love, Wisdom and Truth we carry inside.

The Feminine Christ returns to anoint us once again in the magical balm and elixir of our sacred sexual energy, the primal living liquid. She is the Wild Feminine not limited to the story of one person or priestess – it is a living, vibrant frequency within everyone, calling to be remembered and embodied [11].

Through the Magdalene spirit and presence as «Magic Doorway», we activate inside us the frequency of Womb Consciousness and thus the Grail Light returns. The return of Magdalene does not need religious dogms and practices, she is a resurrection of our birthright to shine bright in this world as Sovereign Being.

The Magdalene legacy and the Sacred marriage within

Mary Magdalene might be seen mostly as a Biblical character and even if her gnostic or apocryphal story has been hidden and banned by the Church for longtime, She is now reclaiming new Life and also a new meaning. But beyond the biblical stories and their symbolic interpretation, official or not, we can understand that the Truth and the Reality she brings to us today is something so universal and at the same time as ancient as the humanity itself.



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When we hear Her lamentation and grief we hear the echoes of ancient myths as the Mesopotamian legend of Innana and Dumuz or the Egyptian tale of Isis and Osiris. Her tears and struggles are resonating in each of us with all the deaths and rebirths we came through in this lifetime, as a distillation and recognition of the alchemical power we hold as women when we accept to go inside the darkness of the womb, to shed another layer of our psyche and bring into light our shadows, transforming them into lessons, strength and resilience.

This eternal message of Resurrection as a new way to embody the Divine essence in the Sacred Marriage between Agape (universal or unconditional love) and Eros (sexual, sensual love) has never been accepted by the Church. Women have been always considered as weak, impure, less worthy than the men, not even accepted to minister the Eucharistic rituals in some denominations (Orthodox and Catholic). That is the reason why this new path of the Magdalene and the rise in Divine Feminine consciousness that it bring, is so controversial and polemic, so different of everything we have been told by the Church and its representatives.

I see around me, in women communities and spiritual trends, how Magdalene is celebrated nowadays, for the recognized feast day on 22d July (finally the Church accepted her as a Saint) or for other occasions. And sometimes I glance there is a deeper meaning for her to be celebrated this way but at the same time I feel this is also far away and misleading regarding the true meaning of her Coming Back during these times we live in. As many women also live still ruled by patriarchal way of doing and thinking and use her Name for mere gain and visibility...as a brand that sells well in some areas. That is the stand I take for Magdalene's name and story to not be misused and abused:

- ♥ Because Her Story, her message, her symbol of the Rose (and its esoteric meaning) hold the Mystery that every woman can find inside her Womb and Heart, when reclaiming this Legacy in an embodied way, as *experience* not only as *gnosis* and *wisdom*.



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- ♥ Because She is a Sinner (a devotee of the Moon and Goddess) and a Saint at the same time, as every woman should Be.
- ♥ Because She does not need an institutionalized recognition and consecration to reveal herself in each of us...as she lives already inside every woman. She is the manifested infinite potential of wisdom, power and vision of our own Soul.

But this potential can only be recognized and truly acclaimed through the journey into the Labyrinth, which will always start inside the Womb. She is the eye opener, the way shower and the magical doorway towards the center of this Labyrinth. And she invites us to meet our Dragon and Dove in the Heart space, once all clearings, releases, activations and consciousness risings happened.

She, Mary of Magdala, calls you to listen to the whispers of the past but to be Present in your Body Temple, building up inner trust and awareness about who you truly Are. As once you will conquer the Labyrinth mysteries you will ascend into what I call: *Womb consciousness*.

My own story as Womb Priestess and Witch

My awakening on the path of Magdalene started in 2018 during a Vision quest online, with a group of women led by an American couple working with *Womb awakening system* (Seren and Azra Bertrand) [4]. Before this moment, for many years I wondered without knowing who I was and what my real spiritual belief and practice would be.

In 2015, while in Portugal, the spark in my womb and heart happened through shamanic ceremony where a vision came to show I shall work with women and invite them in circle. I got the inspiration from the book of Jean Shinoda Bolen, *The millionth circle* [12]. In reality that spark was activated earlier around my 30, when an Italian boyfriend gifted me the book written by Clarissa Pinkola Estes - *Women who run with the wolves* [13]. That book has been an eye opening and a reminder



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of the call of the Witch voice that I refused to hear for so long...as I was denying my own intuition trapped in my mind and patriarchal mindset I have been raised.

In 2016 I was living in Evora, a small town in the middle of Alentejo region of Portugal and the stories of the past were already relating about a powerful witch (of Arabic origin, very cult for those times and able to help others with her skills) that lived there around the period from 8th to 14th century [14]. Without even knowing those stories I called my women circles *Circles of Witches*. But the women participating in these circles were ordinary women like me, and our gatherings were aiming to boost personal and spiritual development. I still remember our sacred circles in the space made with big stones from pre-historic megalithic monuments on the outskirts of the city (like the Menhires of Almendras)...the outer connection with nature was infusing our inner connection with the Womb and Heart as a sacred chalice of wisdom, power and vision.

My life has never been the same after reconnecting and awakening the Witch energy. It evolved in such mysterious and powerful ways, bringing me closer and closer to the one I was waiting for and longing for. I speak about and show what this means in a documentary [15] I co-created with a Portuguese filmmaker and also as a featured character in another documentary (*The legacy of the wild mothers*) she created that also got several international prizes.

Since 2017 I walked the path of self-healing after an activation received from a Mexican therapist, who showed me the way of the soft feminine, receptive power in her retreat. I was motivated by the wish to become a better mother for my son and also deepen the process of re-connection with the hidden mechanisms and energies that were governing my life.

The call to become a Priestess of the Magdalene that came in the Vision Quest of 2018, later materialized in a *Mary Magdalene Womb Oracle* (<https://www.palomablanca.ro/creative-projects/mary-magdalene-womb-oracle>) where the 12 faces of Magdalene took shape in form of real models, whose faces and bodies were painted and tattooed. These models were women residing in Oslo, Norway, of different origins, ages, cultures and background, who accepted to



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become a vehicle of something bigger and deeper. We thus gave a different meaning to the MASK in the year of pandemic. In a collective act of spiritual activism we showed to the world that fear does not have to be part of our reality and that our Body Temple can become expression of an old legacy with a modern artistic approach. We gave a different meaning and visual identity to the Witch archetype, who became one of the many Faces of Mary Magdalene.

The journey of Magdalene Rosepath got even deeper and more challenging while I was studying family constellation (2018-2020) [16] and later trauma therapy with IoPT method (2020-2022) [17]. The Womb reality revealed itself as something much deeper and darker than I could image initially. While working with myself and my own trauma biography I worked in parallel with other women. It became obvious at a certain point that the therapeutical setting and the spiritual practice of reconnection and worship of the Divine Feminine were not sustainable for the real Womb healing as *self-standing practices*. There was an inner knowing that something else can be envisioned that would bring together both approaches...and this came as an inspiration for establishing the *Mystery School of the Sacred Womb & Heart* [18].

The old calling of the Sheela Na Gig [19] witchy vibe was whispering to me: *You can do it, you can create something that it is yet to come and be understood in the Patriarchal society and mentality we live in, you can be a way-shower yourself while walking your own Magdalene path. Be the Change you wish to see in this World!*

In the Portal of remembrance and rebirth I was still going through due to personal trauma work, the Magdalene Voice spoke inside my Womb-Heart chalice and asked: *Become the Voice of the Sacred Grail within and call to you all those Wombs and Hearts who are ready to listen and follow this path.*



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Womb-Heart Chalice - the Sacred Grail as manifestation of the Feminine Christ

My journey into healing arts continued after awakening to the Magdalene call and evolved into *womb focused and sacred sound healing modalities* (I recently graduated also a 6 month training as Priestess of Sacred Sounds), which I often combine in individual sessions or group workshops. I became aware that I can coin my own signature and school as Magdalene Priestess, walking a path that is not for many but of which many could benefit.

In my teachings I speak about the Womb as an intimate space holding a spiritual dimension, not only physical, biological, emotional and psychological, because it has a cyclic way of functioning according to the cycle of the Moon and is through the matrilineage (the lineage of wombs on mother side), closely connected to the energy of the Earth [10]. Therefore, awakening and restoring the womb's healthy energy is fundamental to the experience of our own fertility, our motherhood, our family life, our professional life and so on.

For the Womb to be able to procreate and sustain life in its further development (not only as a child) it needs the energy of the Heart. The disconnection between womb and heart realities often creates imbalance and suffering in a woman life. When women start to release the blocked energies of the space between womb and heart and heal their own womb trauma a new reality is created. The Sacred Grail becomes alive and contains the ancient Greek mysteries of Hieros Gamos [20]. It is the way we can start to manifest what the two authors call the Feminine Christ as a path of Love and Union [2, 4]. The ways we can manifest it fully in our lives are:

- ♥ To heal the wound imprints of our conception, gestation and birth
- ♥ To restore ecstatic birth rituals and the sanctity of mothering



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- ♥ To restore the sanctity and importance of fathering to the world
- ♥ To heal the psychic, emotional and physical wounds of childhood
- ♥ To educate and raise children with love, play and joy – not control
- ♥ To heal addictions/negative patterns from our Core Wounds Imprint
- ♥ To unite the masculine and feminine within and without
- ♥ To bring man and woman together in Sacred Union
- ♥ To return the wisdom teachings of Sacred Sexuality
- ♥ To return the wisdom teachings of Womb Awakening
- ♥ To remember and awaken the blessing of Shamanic Menstruation
- ♥ To restore the physical pleasure-pathways within the body
- ♥ To awaken the Sexual Energetic Gateways of both men and women
- ♥ To heal and awaken the physical body to become a Chalice of Light
- ♥ To restore communion and respect with Mother Gaia and her cycles
- ♥ To restore connection and love with the animal and plant realms



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- ♥ To open our physical, feeling and psychic pathways to Divine Love
- ♥ To rebirth the Feminine Arts of healing, herbs, dance, song, crafting
- ♥ To remember and honor Conscious Conception and Conscious Death
- ♥ To feel and be At-One with both Creator and Creation.

The journey back home - a self-healing journey

Since 2013 I have been on a solitary journey as single parent of a child diagnosed with ASD. It is the journey of many mothers and women, who chose the most challenging motherhood experience - as in the old stories of poor single women, without family or a man to provide for them, I found myself many times judged and abused psychologically by those who were not able to understand that I was on a lifetime mission: as a woman, as a mother and as a Creatrix, as an awoken Goddess.

Many close people started to doubt I am sane, they thought I was losing my mind...without understanding that all what I was/am teaching, saying and creating comes from a more healed and freed placed: the Untamed expression of the Lilith, misunderstood and persecuted for just wishing equality and freedom! That Lilith, the Enchantress, the chain breaker of old norms, dogmas and paradigms [21] showed me in another vision how much she was connected with the ancestral lineage and the curses of the past, the intergenerational traumas never healed. I thus became, while doing my inner work and Priestess Path, the One able to break those curses for good.

I left my home country at the age of 26 and already lived and worked in 4 countries. But it was in the country of Norther Lights that my ancestors chose to meet me in a circle and ask to get back home. At that time I did not understand very well what this coming home would mean, but more I walked the path into the Labyrinth became obvious that was about healing myself so I could become Whole and change my life to a high degree.



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After I moved to Norway in 2016, I tried for several years and with a lot of effort and sacrifice to rebuild this dream of a women community I envisioned in Portugal. At certain point everything crumbled, few women I thought friends or collaborators betried me or I chose to take distance from them. I felt empty as I had to accept that what initially seemed a mission, a purpose, can disappear so quickly and showed to me how disperately I was searching outside for something that I could not find inside.

For a while I felt without a precise direction, as I could not understand why all of this happened. At the same time I was very much focused on my inner work and healing and this brought to me also a new understanding of the trauma patterns in relation to the womb reality. I continued to work with women, specializing in womb trauma healing with different modalities and methods I learned from other women too. With time became clear that this is that niche where my skills, abilities, experience can be better employed to support other women in their own healing journey. After many years of understanding and relating with the intimate parts of my womb and psyche I could finally share my own findings and experience in a practical way.

I can see now clearly what the deeper meaning for my reconnection with Magdalene legacy is and how this helped me to return to my own source of Courage, Wisdom and Clarity. In the process of building a more healed and conscious Identity, I understood how all the faces of Magdalene that I envisioned back in 2019 were coming together in a circle to show me the path towards my Heart. One by One, *the Virgin, the Apprentice, the Explorer, the Creatrix, the Warrior, the Mdiwife, the Harlot, the Alchemist, the Visionary, the Witch, the Healer and the Sage* shared with me important lessons and gifts. The tales from the womb space became sparks of creative inspiration and ignited so many deep and beautiful healing processes.

My own *Medicine Wheel with the 12 Magdalene faces* and its precious insights and healing processes is now available as a template (*the Mystery School of the Sacred Heart & Womb*) for embodying Magdalene energies and teachings in everyday life. For her last celebration on 22nd



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July 2024 I offered on my youtube channel a beautiful transmission called *The many faces of Magdalene* (available here: <https://www.youtube.com/watch?v=CjoFHpxnp3U&t=51s>).

I have no doubt nowadays, at almost half point of my life (in 2025 I will be 50!), that Mary M. is as real and alive as I am and for as long I will live. I became Her while I learned to heal myself and love myself in ways I never did before the meeting with Her. She helps me transcend the physical reality in subtle realms of dream weaving and manifestation that I never thought possible.

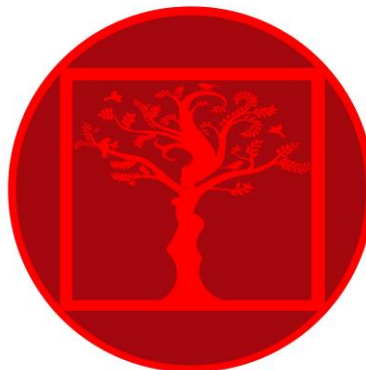
I carry now inside myself the Sacred Flame, the Feminine Christ energies beyond any dogma and religious or spiritual definition. As I add to the wider Womb consciousness my own experience, teachings and perspectives, I shift the energetic field while around co-creating with the evolutionary field of information and experience that is *the morphogenetic field*.

I ask my Heart to follow the beat of my own Drum, spreading around the coherence and frequency of Love, as a Way of Life, as Rosepath.

Blessed it be! Aho! Ashe!

Inana Rakhma!

ALL is LOVE!





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