



# When the Old System Fights Back: A Manifesto for the Women Who Rise



*with Leonie*

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## Remember This

We were never meant to fight this alone.

We carry the dreams of all the women who came before us — and the hopes of all the daughters yet to be born.

The patriarchy is clever, and it is cruel.

It will tell you:

“You’re too much.”

“You’re too angry.”

“You’re wasting your time.”

“You’re turning women against each other.”

“You should just settle down, be quiet, play nice.”

You will hear this. Sometimes from others. Sometimes from your own mind.

## But know this

Every time a woman stands in her sovereignty, a crack opens in the walls of the old world.

Every time women come together in love, rage, and vision, another stone falls.

And one day, the walls will crumble completely.



## **Why the Patriarchy fights back**

Any entrenched system of power — Patriarchy, White Supremacy, Extractive Capitalism — fights back because it depends on people staying asleep, compliant, divided, and fearful.

When women gather, heal wounds, and help people stand up in their own sovereignty... we threaten that system.

## **That fight-back often doesn't look like some dramatic Hollywood villain**

It looks like:

- Internalised shame, self-doubt, and imposter syndrome.
- Other women criticising, judging, or ostracising you for "being too much."
- Cultural backlash or mockery of feminine, healing, spiritual work.
- New "rules" or restrictions that keep women too busy, too broke, or too burned out to organise.
- Violence, in some cases, against those who get too visible.

So yes — expect pushback.

## **How to respond**

You do not have to make your whole identity about fighting the patriarchy. Focusing exclusively on what you're against can sap your energy, make you bitter, and burn you out.

### **Instead:**

- Stay grounded and build the alternative.
- Show the women around you how to recognise when Patriarchal programming shows up — in themselves and others — so they don't get derailed.
- Support each other in staying strong and tender-hearted.
- The Soulless Patriarchy thrives on fear, bitterness, and division.
- If we stay rooted in joy, creativity, care, and connection — it cannot truly win.

# The Sacred Toolkit: How to Keep Going When You're Tired or Tested

## 1. Rest Without Guilt

Even Revolutionaries need to rest. In fact, your rest is rebellion — because it refuses the culture of overwork and depletion.

- Take time away.
- Sleep.
- Retreat to your circle of support when you need to refill your cup.

## 2. Stay Connected

The old system thrives on isolation and division.

- Reach out to your sisters, even when you feel ashamed or small.
- Ask for help, and give help when you can.
- Remind each other of the bigger vision when the way feels dark.

## 3. Transmute Your Rage

Rage is sacred fire — but it must be tended.

- Scream into a pillow.
- Dance it out.
- Write a manifesto.
- Channel it into art, activism, and boundary-setting.

Your rage is proof you are alive, awake, and still capable of love.



#### 4. Re-Anchor to the Vision

The Patriarchy will try to convince you: nothing can ever change. But you know better. You have already glimpsed what comes after:

- A world where women are free to be whole.
- Where Feminine wisdom heals and nourishes all.
- Where no one has to shrink, compete, or betray themselves.

Write it down. Paint it. Speak it aloud. Every day if you must. That vision is your compass.

#### 5. Protect Your Magic

You are not required to explain, justify, or dilute your power for anyone.

- Keep your practices sacred.
- Choose who you share your light with.
- Remember: just by existing fully as yourself, you are already the revolution.

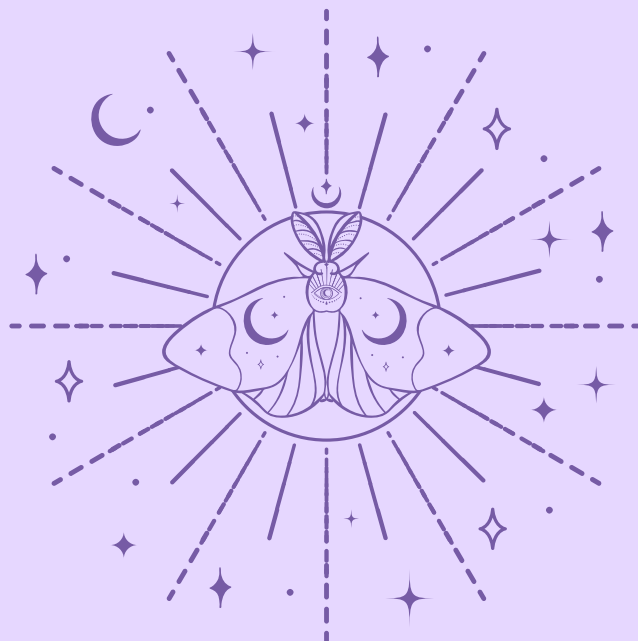
#### A Blessing for You:

"May your fire burn bright and steady.

May your sisters walk with you through every shadow.

May your rest be deep, your rage be holy, and your vision be clear.

May you never forget: you were born to build the new world."



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*Love Leonie*