

FREE THE VOICE WISDOM: Speak The Truth, Tell Your Story

Feel these words, sister.
Let them ring within you and encourage your voice to speak freely...

We women are able to wear our stories like badges on our sleeves.
We can become confident yet humble tapestries.

Everything that has come to us in our lives can empower us,
uplift us,
and gift us
with lessons that remind us of the truth of who we are.

Our trials and challenges are opportunities and initiations...

Our hearts and VOICES are rising together in remembrance of the innate power we
hold within,
expressing ourselves in healthy ways.

We are growing.
We are glowing.
We are gestating a reality that serves ALL.

Even without saying a word, your energy can tell your story.
Yet when we open our mouths and share our souls,
our stories weave together into a song.

Not merely noises,
we
raise
our VOICES.

We are transforming, healing, and revealing.
Petal by petal, word by word, we bloom.
There is room for ALL of you, sister.
Let it out.
Free your voice.

"Even if your voice shakes, speak the truth."

Sister,

Allow your truth to be told.
Your story to be heard.
Your rising to be felt.

Allow your throat to vibrate
with the frequency
of your whole truth.

Remember...

You are more than what happened to you.
You are deep, soulful, and here to make a difference.
See your wounds as teachers, guiding you into your path of service.
You are worth it.

Let your voice reflect this wisdom.
YOUR wisdom.

The more you rise, the more you invite others to rise with you.
The more you speak what is alive in your heart,
the more others feel permission to do the same.

This is leadership.
This is leading by example.
This is why the world needs you, your voice, and your unique gifts.
There is only ONE person just like you.
ONE voice and ONE story just like yours.
You are powerfully needed,
exactly as you are.

**This is for the wild one in you:
RAISE YOUR VOICE, SISTER**

There are as many ways to express yourself as there are moments in your lifetime. Sometimes we are soft, and there is power in our softness. Other times, it is time for our voices to be freed through allowing them to be WILD. The following is for the wild voice in you, and raising it intentionally for liberation.

Shed the shame and the fear so that your wildness and all your emotion have a place to live. To the raging animal within... we say, "Welcome."

Welcome to the wild wolf within you who has been hurt, and whose lines have been crossed. Allow her to express her sadness and her sacred rage to FIERCELY declare boundaries in love.

This is not the time to cower and hide.

This is the time, both individually and collectively, to scream out in rebellion towards what has kept us caged.

We do not howl wildly and blindly as victims...

We howl intentionally and purposefully as EMPOWERED women, wielding our voices for true change.

That includes taking radical responsibility and approaching everything and everyone with compassion.

This is the making of a true warrior.

When we rebel, we do not rebel in blame or shame.

We rise in our inner fire that burns for a change that we know will not only heal US and our voices, but that will also be a new terrain of opportunity for those that are to come.

This isn't just about women.

This is about injustice. This is about children. This is about the wounded masculine.

This is a collective evolution, and it is happening

TO you,
THOUGH you.

You CAN be a wolf with fire in your eyes, grounded in the wisdom of the heart.
You CAN speak. shout. whisper. have an opinion. declare what you are worthy of.
rebel against what you have been told you need to be, do, and say.
The revolution is truly unfolding in the voices of women.

So, sister, what are you raising your voice towards today?

Self-love?

Social activism?

Speaking because you can, and because there are millions of women who cannot?

Maybe -- just maybe -- there's even something within you that wants to be spoken
JUST because.

You need no reason.

You need no barriers.

You need no permission.

Just. SPEAK.

We are here, howling at the moon, holding a vision of authentic, tangible change.

We are FREEING our voices with intention and soul.

Are you with us?

Let's hear you. Let it out.

With all our fiercely wild and passionate love,
Torie & the Global Sisterhood Team