

HEALING THE FATHER WOUND

companion guide

**A Sacred Starter Guide
for Women Ready to Reclaim
Trust, Power & Love**



Created by Aimee Nicole Hall
Piress Life
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WELCOME BELOVED,

You are here because something inside you knows: it's time to heal.

The father wound is one of the deepest imprints a woman can carry. Whether your father was absent, critical, emotionally unavailable, addicted/alcoholic, struggling with mental illness, or simply unable to give you what you needed, his energy leaves a mark.

But here's the truth: the wound is not your fault.
And healing it is not about him. It's about you.

The Healing The Father Wound ceremony and this workbook, is your first step. Inside this workbook, you'll find rituals, affirmations, and practices to reconnect with your safety, your worth, and your inner authority.

Take it slowly. Let it be sacred.
And know: you are not alone on this path.

With love,

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What Is The Father Wound?

What is the Father Wound?

The *father wound* is a deep imprint that shapes how women experience love, safety, authority, and self-worth. Whether your father was absent, critical, emotionally unavailable, abusive, or even if he was loving but lost in his own wounds, this relationship leaves energetic echoes.

Healing the father wound is not about blaming — it's about reclaiming your power, trust, and right to be cherished as a woman.

The Father Wound is one of the deepest and most influential wounds many women carry — often unconsciously — and it shapes how they see themselves, how they relate to men, and even how they connect to the Divine Masculine. It usually begins in childhood but reverberates across a woman's entire life until it is consciously healed. Here's a breakdown of how it shows up for most women:

- It shows up as:
- Repeating toxic relationship patterns
- Over-giving and people-pleasing
- Struggles with boundaries and self-trust
- Longing for approval that never comes

The wound isn't just about the father himself. It's about what his absence or dysfunction teaches the daughter about herself:

- *"I am not worthy of love unless I earn it."*
- *"Men can't be trusted to stay."*
- *"My needs are too much."*
- *"Love hurts, so I must tolerate pain to keep it."*

Remember: this wound is not about blame. It's about reclaiming the love, safety, and power that have always been yours.

FATHER WOUND JOURNALING PROMPTS

What did I most long to receive from my father that I did not?

What words do I still long to hear?

How have I carried his wounds into my relationships?

If I could speak to my younger self, what would I want her to know?

LET IT FLOW WITHOUT JUDGMENT. THIS IS YOUR SACRED DIALOGUE WITH YOUR HEART.

FATHER WOUND AFFIRMATIONS & DAILY RITUAL

Sacred Affirmations

Repeat aloud or silently, morning and evening:

- I reclaim my power and my voice.
- I am safe to love and be loved.
- The Sacred Father within me holds me steady.
- I am whole. I am sovereign. I am free.

3-Minute Daily Ritual

Step 1 — Ground (1 min)

- Stand barefoot or sit with feet flat on the floor.

Breathe deeply into your belly. Inhale: "I am here." Exhale: "I am safe."

Step 2 — Connect (1 min)

- Place one hand on your heart and one on your womb.

Visualize a golden light of protection surrounding you.

Step 3 — Affirm (1 min)

- Choose one affirmation above.

Speak it 3 times with intention, letting it vibrate through your body.

Close with gratitude:

"I am held. I am loved. I am never alone."

INTEGRATION & NEXT STEPS

You've Begun the Journey

Healing the father wound is powerful — but it is only the beginning.

To fully reclaim your wholeness, you need a map: one that takes you from survival, through healing, into sovereignty.

That's why I created:

The Sacred Seven — a 7-week journey through the chakras, designed to take you from survival to sovereignty, grounded in the Divine Feminine.

This path is waiting for you.



"It is my soul's purpose to guide women back to the love, safety, and sovereignty that has always lived within them."

ALWAYS REMEMBER

*"You have the power and
the right to protect your
peace"*



PIRESS LIFE
& THE SACRED 7