

The background of the entire image is a silhouette of a person's head and shoulders, facing right. The interior of the silhouette is filled with a vibrant sunset or sunrise scene. A bright sun is positioned in the upper right, casting a warm, golden glow across the sky and reflecting on a body of water below. The colors transition from deep orange and red near the horizon to a lighter, hazy blue at the top. The overall mood is contemplative and evocative.

3 Core Wounds Free PDF

THE WOUNDS WE INHERIT

By @FionaEllisCoach

Chapter 1: The 3 Core Wounds Shaping Your Life

● The 3 Core Wounds Shaping Your Life (Even If You Had a “Good” Childhood)

Welcome — Why You’re Here

You’ve made significant efforts towards self-improvement. You’ve read numerous books on personal development, and perhaps you even enjoyed a supportive upbringing. On the surface, your life appears to be “fine.” And yet, despite these positive factors, there might be an underlying sense of dissatisfaction that you can’t quite shake off.

- You work tirelessly, yet you may still feel as if you are not enough.
- You yearn for intimacy and connection, but you often feel ashamed for having this need.
- You present a strong facade to the world, but internally, you may feel completely drained and exhausted.

If you resonate with any of these experiences, it is important to know that you are not broken, and it is not your fault. The reality is that you are carrying wounds that were not of your own making.

These wounds are not merely personal traumas; they represent cultural fractures that have been inscribed into our history. They have been passed down silently through generations, deeply embedded within our nervous systems. This workbook serves as your invitation to identify these wounds, understand where they manifest within you, and embark on the journey toward reclaiming your sense of wholeness.

Chapter 2: The 3 Global Wounds

The 3 Global Wounds (Snapshot)

Throughout history, three significant cultural wounds have emerged. Each of these wounds originated as a survival strategy designed to help individuals cope with their environment. However, as time has progressed, these strategies have transformed into distortions that now reside within all of us.



1. Victorian Era Wound – Spirit vs Body

- Message absorbed: “Desire is dangerous. Control yourself. Good people are proper, don't be a Savage.”
- How it shows up now: There is often a sense of shame surrounding instinct, passion, sexuality, or emotional expression.
- Signs in your life: You may find yourself feeling compelled to be a "Good Girl" or "Good Boy" and if you don't achieve perfection according to proper standards then you are a failure. This shows up as suppression of self in favour of society expectations, engaging in people-pleasing behaviors, striving for perfectionism, fearing judgment from others, and grappling with the difficulty of expressing your raw truth.
- Basis of Men's roles and Women's roles.

2. Industrial Wound – Being vs Doing

- Message absorbed: “Your worth is what you do. Work harder. Be productive. Factories over Flow”
- How it shows up now: This wound often manifests as burnout, an ongoing struggle with perfectionism, and an inability to relax or engage in playful activities.
- Signs in your life: You might find it challenging to turn off your mind, your identity may be tightly linked to your roles and responsibilities, and you may experience guilt when you attempt to slow down. Commonly misdiagnosed as ADHD Hyperactivity, anxiety or depression in people disconnected from nature and their natural unique strengths.
- Basis of mainstream schooling and 9-5 work week systems to produce obedient factory workers.

3. Feminism / Polarity Wound – Women vs Men

- Message absorbed: “Anything a Man can do Woman can do too. Women don’t need anyone. Independence = strength. Masculinity is the Problem”
- How it shows up now: This wound can lead to feelings of shame in women around the desire for intimacy, feelings of unworthiness in men if he no longer needs to provide and confusion regarding roles within relationships.
- Signs in your life: Women, you may find yourself over-functioning, hardening emotionally, fearing dependency on others, may find it hard to find a "Good" Man who is strong enough for you so choose a dependent one instead. Men you may become overly feminine, suppressing masculine traits labeled as toxic, may find it hard to find a "good" woman, choosing overly needy and under-functioning partners who allow you to still protect and provide but unable to find a true equal partner. Both are experiencing a collapse of polarity in relationships.

These wounds are not solely your own; rather, they represent inherited cultural Complex Post-Traumatic Stress Disorder (CPTSD) -- the unseen trauma resulting from a generations of separation and suppression.

Chapter 3: Why This Hurts So Deeply

Why This Hurts So Deeply

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You may find yourself wondering, "But nothing 'bad' happened to me. Why do I still feel this way?" The answer lies in understanding that trauma encompasses not only what has occurred but also what has been absent from your life.



- The nurturing support you never received.
- The authenticity you were never permitted to express.
- The polarity models you lacked exposure to in healthy forms.

Recent scientific research confirms that this phenomenon is not simply "all in your head." Studies on epigenetics demonstrate that trauma can alter gene expression, reverberating through seven generations. Works such as "The Body Keeps the Score" elucidate how these wounds reside within the nervous system, contributing to feelings of anxiety, shame, and burnout, even when there appears to be no overt history of abuse.

This is why many individuals who enjoyed "good childhoods" still experience a sense of fragmentation. You have inherited cultural trauma—a legacy that the conventional mental health model often overlooks. Rather than addressing the root of the wound, it tends to isolate it and medicate the symptoms.

While these wounds may present in various forms—shame, burnout, struggles with intimacy—they share a common thread: the separation of head from heart.

Yet, here lies a profound truth: you were never meant to be OR. You were always meant to be AND.

Chapter 4: Reflection Prompts

Reflection Prompts

Take a few moments to engage in journaling:



- Victorian: Where have I felt ashamed of my desire, instinct, or emotional expression?
- Industrial: Where have I tied my worth to what I do rather than who I am?
- Feminism/Polarity: Where do I experience tension between my need for independence and my desire for intimacy?

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Notice which wound feels most prominent for you at this moment. This awareness can lead to important insights about your experiences.

Chapter 5: Your Personal Polarity Map

Your Personal Polarity Map

Every individual navigates these polarities throughout their life. The objective is not to choose one side over the other but to integrate both aspects into a harmonious whole.

Exercise: Begin by drawing a simple two-column map.

Feminine / Spirit / Being / Women / Heart

Masculine / Body / Doing / Men / Head

- On the left side, jot down areas where you embrace softness, intuition, receptivity, and rest.
- On the right side, note where you lean into structure, action, logic, and provision.
- Circle one area where you tend to over-identify.
- Circle one area that you often dismiss or suppress.

👉 This exercise offers your first insight into how cultural wounds are shaping your body, mind, and relationships.

Chapter 6: Closing Ritual – A 3-Minute Integration

Closing Ritual — A 3-Minute Integration

1. Sit comfortably.
2. Place your left hand on your heart and your right hand on your head.
3. Say aloud:

“Both sides live within me. I honour their gifts and release their distortions. I was never meant to be OR. I was always meant to be AND. I choose wholeness.”

1. Take one deep breath. As you exhale, visualize the two halves weaving back together within you.

Integration begins with the smallest of choices—choosing AND in your daily life.



Chapter 7: Your Next Step

What you've just experienced is merely the beginning.

This free guide has introduced you to the 3 Global Wounds and offered insight into how they manifest within your body and relationships. However, there is so much more to uncover.

In the next step—the \$29 Mini-Course: The Hidden Blueprint of Your Pain—we delve deeper into various aspects:

- The historical roots of each wound (Victorian, Industrial, Feminism).
- How trauma is transmitted through seven generations of epigenetics.
- Why your nervous system reacts even when “nothing bad happened.”
- How these cultural wounds crystallized into the 53 archetypes of the Wounds & Wisdom deck.
- The first practices of integration: EFT, journaling, and polarity rituals.

✨ This is where the “aha” moments transform into a roadmap for healing.

Because the truth is: you are not broken. You are carrying fractures that were never yours to begin with. You are the generation capable of integrating them.

👉 [Click here](#) to continue to the \$29 Mini-Course and step into your next layer of wholeness.

Chapter 8: Prefer Personal Support?

You don't have to navigate this path alone. I also offer one-on-one coaching for individuals who are ready to explore deeper.

✉ Email: fionaelliscoach@gmail.com

🌐 Visit: www.lovelegacyempire.com

Chapter 9: Who Is Fiona Ellis?

I am the creator of the Wounds to Wisdom: Archetypal Integration Journey, the founder of the Ascended Spirit Collective Wisdom Ecosystem, and a guide who has dedicated over two decades to studying human behavior.

This body of work represents the culmination of thousands of hours spent in coaching, training, and facilitating, as well as my own personal healing journey.


When I say, “it’s Textbook!” this is the textbook I mean. My gift is in weaving together spiritual lineage, archetypal wisdom, and cutting-edge tools such as Shamanic NLP, EFT, and ACT, creating a path that is both practical and deeply transformational.

Listen to My Podcast

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Explore more teachings in my podcast “Aligned Future” available on Spotify:

- [Aligned Future — Podcast Home](#)
- [Episode: Healing Trauma - Unlocking the Mind-Body Connection](#)

 Prefer personal support? You can also explore our one-on-one coaching options with Fiona. Email fionaelliscoach@gmail.com for details.

Until we speak, take care of you, take care of others and take care of the greater good.

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Discover the three core cultural wounds that shape your life, even if you had a seemingly “good” childhood. This workbook invites you to explore the inherited traumas of the Victorian, Industrial, and Feminism wounds, how they all point to the same division of Head vs Heart, and offers reflection prompts to help you map their impact on your body and relationships. Begin your journey to integration and wholeness by embracing the truth that you were never meant to be either/or, you were always are meant to be both!