



Martyna Friedla <martyna.friedla@gmail.com>

🐱 **If you've been hearing the whispers...**

1 wiadomość

The Wild Medeina <thewildmedeina@pb05.wixemails.com>

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Odpowiedź do: thewildmedeina@gmail.com

Do: Martyna <martyna.friedla@gmail.com>

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Dear Wild One,

Lately I've been thinking about the women who message me, the ones who say:

🌟 "I feel the stirrings... but I don't know where to start."

🌟 "I know there's more to me, but I don't know how to unlock it."

🌟 "I want to step into my Wild Woman era... but it feels overwhelming."

And I get it.

Because stepping into this path can feel huge, messy, even a little scary.

That's exactly why I created Wild Woman's Return, as a beginner's guide.

A self-paced, 4-day journey that gives you the foundations of this work:

- 🌿 Shedding the "good girl" layers
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This isn't just a course. It's the first spark...

And if you've been waiting for a sign to begin, this is it!!

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*Wild*Voices



[Martyna](#) works at the crossroads of ancestral healing, Jungian psychology & mystical leadership. She rewrites inherited patterns, transforming personal and collective suffering into conscious power. Through her guidance, women and men alike learn to reconnect with their inner authority, honour their bodies and step into creative, life-changing leadership. For Martyna, artistry is the language of leadership. She shows how creativity, reflection and embodied practice can transform identity, expand impact & cultivate hope, even in chaotic times. Her work is a call to rebel thoughtfully, act courageously & become a living piece of art that shifts the world around us.

Q: You speak often of ancestral patterns: the ones we inherit, carry and sometimes rebel against. What is one ancestral story or thread you've consciously chosen to rewrite & how has that shifted your relationship to your power as a witch and a woman?

A: This is such a deep question and thank you for it. I believe indeed that ancestral work gives us the greatest opportunity to break the repetitive patterns of our cultures, that don't serve neither our personal lives, nor humanity as a cocreating collective.

From a perspective of my cultural science background it's the key to release the unconscious bias thinking that stops us from growth and achieving success we desire. And in my opinion it's also crucial for the public health. In my personal experience – healing from ancestral patterns first helped me with endometriosis.

I was being said by (male) doctors multiple times, even after a laparoscopy that I may not have children, or I might experience miscarriages again after my first loss. And that I will always feel pain, because “that's my charm”. Seriously. Men are saying those things to women and they think it's the voice of science... I was also told that removing all female sacred parts from my body will be the best “prevention from further suffering”.

So here is the plot twist:

thanks to changing my authority from external (“them”) to internal authority (Soul, body, intuition, nature), conscious energetic work (I saw all the wires around my uterus and even specific people that affected those pains, while doing my quantum work), rewiring my nervous system (mindset + body work), diving into the experience that women held repetitively in my family and giving them voice to speak their pain during meditations, diet, listening to my body instead of listening to more men, and some more practices – after almost entire life of suffering. now I barely feel

some cramps on the first day.

My moon days are on time regularly and I rarely experience PMS and mood changes. Now, instead of two weeks of period – I have 3-4 days and I'm not losing my all energy. I hope it all shows signs that I can have a healthy pregnancy in the future and happy children. So initially I had to choose to release myself from patriarchal programming. It's the work nobody sees. To the one that is more visible by changing lifestyle that didn't serve me. I quit smoking and drinking alcohol completely almost a decade ago – also patterns present in my family. It changed my social circle 100% and it wasn't easy, but very rewarding.

And because my sacred energy is freely flowing now – I'm finally creating art with no blockages, I am a better guide for my clients through channeling and creating programs for them, where they can change their life experiences that were about to stick with them forever as “curses”, just like mine were supposed to be.

It allowed me to make nearly 500 K through my witchy business, because the more open to the world I was, the more I could play with exchange of energy, and also expanding to the global impact, one step at a time. I could name many more effects, but generally living in a postcolonial Poland, where almost 70% has a drinking problem because of the consequences of Soviet politics and unconscious cultural patterns created as coping mechanisms by millions of people – it requires potting the patterns in educational systems, family relationships, financial schemes – and changing them one by one and replacing with different, healthy ones. Clearing without replacement wouldn't work. And after expanding to international relationships, I realised that ancestral patterns are similar in different cultures and unite us in the need of change.

Q: Your work lives at the crossroads of postcolonial theory, Jungian psychology & mystical leadership. What does leadership artistry mean to you in this liminal, chaotic time

and how do you embody it?

A: I love your questions, thank you for this space. When I was writing my PhD thesis, rooting my work in research on theatre as a ritual, exchange of energy and the figure of “the other”, communitas and liminal identities – I thought it's too far from what society needs the most.

I was wrong. I applied everything I was working on at the university, and published in articles – to help my clients in my courses and 1:1 programs for their businesses, marketing, artistry. My mission is to make people feel good with being different and understanding their unique gifts that are serving with the specific purpose always. Usually where was the biggest sense of isolation, being misunderstood, rejected and projected on – lives the gem. We get to discover it, take care of it, strategise development of it and the positive impact and then expand it to the world. These are the journeys I work on with others.

And artistry is the medium I feel as the main voice of leadership. When we dive into the oldest practises: music, history, healing and poetry where combined as one in the work of Celtic, Slavic, Korean and many other shamans, spiritual leaders and guides. These were not separate.

I don't perceive leadership as a choice between political parties, I don't see leadership at all in companies that lead in suffering of our environment and addictions of people. Are there “managers”? Yes. Are people from nicotine companies organising “leadership courses”? Yes.

And it goes against all of the cells in my body and against my Soul's calling.

I want people to wake up to the fact that they can be art-liberated. Applying creativity and spiritual self-leadership, sacred personal practices to change the perception of the surrounding world, to start acting accordingly to the values that deep in our hearts most

start acting accordingly to the values that deep in our hearts most of us are holding.

We can't say: "I want to protect my children" and then buy from "luxurious" companies that are funding genocide and child labor. We get to create luxury that is artful and nurtures life in all ways. And that requires reimagining the world, from what we see and know – to something completely different. It requires a lot of art work. What I found eye-opening is that artistry can develop independent thinking, seeing more options than those between A and B, but multiple of them because of creative openness to more possibilities in life.

It helps people to be more open to others, because art requires vulnerability and listening to something deeper inside of us than just basic needs and autopilot "when the weekend finally comes?".

Artistic leadership starts in our private rooms, where we give ourselves space to enjoy the fact that we are something more than just meat and bones that can be used by others for their interest, while we are losing years, being objectified. And then, from self-leading artistically, by becoming better humans to ourselves, more like friends than like toxic bosses, we start guiding others through our embodiment. People notice these changes. Sometimes art brings radical transformations. But it usually brings identity changes, because when we are learning new skills, when we think and act differently, we are changing our personality and our roles in communities we live in.

And for entrepreneurship – art-leadership helps us deal with global crisis, because we are not falling into dark wholes of despair. Instead we understand that through our creative roles, we are the bringers of hope, we are giving others the tools to create a better world and many of us will experience our world on the other side of this chapter of the history. And even if some of us won't, because life is unpredictable – every single seed we plant now – will grow for others, and that's the most important part of this mission.

We are best – when we are expanding our impact on others, starting locally, online, or at home. We are crafting for the purpose of never-ending improvement. Art always brings the “eternity” aspect to our consciousness that shifts our choices. Every single person that is shifted through you – is your heritage. You will be remembered. This is your exegi monumentum. If you believe in/experience reincarnation, you can already celebrate the next life, no matter if you will live 160 or 189 years now. ;) And every time you hear someone saying: “there is nothing we can do about it” - you can see, that this person didn't apply art-leadership yet. ;)

Q: For the women who feel the pulse of rebellion in their blood but don't yet trust their voice, what does a soft act of defiance look like? What first step would you offer them from your own cauldron of wisdom?

A: My cauldron is definitely boiling in the times we live in, because there is a lot of fire around that brings work from the past to the surface. I believe in “wisdom in the making”. Learning while walking. Acting. Choosing to perceive every step we make as a part of a bigger mission.

Everything counts. Even mistakes are bricks, not holes in the canvas of our lives, we just have to make art from it all.

I think that the first soft act of defiance is choosing to sit with ourselves in silence, with nobody around, in nature if possible, and listen to the inner voice. Honoring what's coming up, writing it down and asking ourselves: “What can I create from it? How can I use it as a tool for something bigger than me?” (pain, memory, regret, anticipation, frustration, not-knowingness, sense of injustice, the need of impact, grief, fury, hope, resistance, disagreement) It's the first step of courage to sit with this chaos inside and hold ourselves through it (sometimes it requires professional help, and it's better to ask for

neip sooner than later).

Most people don't know that they can feel empowered within several minutes no matter what's out there and what mind says at the moment.

And the second step of courage, as I mentioned, is in the bravery of asking ourselves, what we CHOOSE to DO FROM IT. There is zero situations when we can't do anything. There is always something: someone you can help, some things to say, some art to make, a garden to grow, food to prepare for someone. Be rebellious and stay reflective AND active. Not reactive. That's the greatest rebellion that monsters fear of, because when you are reflective and active from the contemplation – you can not be controlled anymore. You can not be manipulated when you do not respond automatically.

Every destruction should be constructive, so become a spiritual architect. Break patterns and become an example. Become a piece of art with your entire diversity, because with honouring your unique “shapes” the system built for squares - will choke and will be forced just your authentic spirit to change.

A quick note:

If this letter stirred something in you, share it on your socials and tag me, I love seeing where these words land. And if you feel like chatting about deep soul things, just hit reply. I LOOOOVEE chatting with every one of you!

With fire & gentleness,

Agne

The Wild Medeina



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