



Reclaim Your Inner Crone

Alison Palmer PhD



An ugly old woman

Words on Crones & Hags

Crone ... *a cruel or ugly old woman*

Crone ... *a disagreeable, malicious or sinister old woman*

Crone ... *a withered, witchlike old woman*

Crone ... *a woman who is venerated for experience, judgement or wisdom*

Crone ... *late Middle English: via Middle Dutch croonje, caroonje 'carcass, old ewe' from Old Northern French caroigne 'carrion, cantankerous woman', Old French charoigne, based on Latin caro 'flesh'.*

Crone ... *A woman who is venerated for experience, judgment, and wisdom. (Wicca). One of the triune goddesses of the Lady in Wicca alongside the Mother and Maiden*

Crone ... *comes from crown, indicating wisdom emanating from the head; **hag** comes from hagio meaning holy; and **witch** comes from wit meaning wise. Crones, hags, and witches frequently were leaders, midwives and healers in their communities.*

Words on Crones & Hags

Crone ... *an old woman with magical powers*

Crone ... *a beldam (from French belle dame):*

- 1. archaic an old woman, especially an ugly or malicious one;*
- 2. an obsolete word for grandmother*

Hag ... *an ugly, slatternly, or evil-looking old woman; a female demon; an evil or frightening spirit*

Hag ... *An unattractive, middle-aged (or slightly older) woman. The term is commonly used to describe hysterical or ugly women in positions of power*

Hag ... *An old woman considered to be ugly or frightening. · A hagfish. · A witch; a sorceress*

Crone ... *a symbol of inherent wisdom that comes from experience.*

Crone ... *a post-menopausal woman who isn't valued and should be silent.*

Crone ... *an archetype that embodies instinctive ways of channeling wisdom, inner knowing, and intuition, guiding us through the transition of life, and going inward to bring forth the light for transformation.*



A vertical strip of a colorful, abstract, and textured surface, possibly a book cover or endpaper. The image shows swirling patterns of red, orange, yellow, and green, with a small, dark, circular object near the top. The texture appears to be marbled or stained, with various shades and patterns.

A solid black silhouette of a crow or raven, standing on its two feet and facing towards the left. The bird is shown in profile, with its long, pointed beak and feathers clearly defined against the white background.

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Some Grone Goddesses



Ala (Nigerian) - The spirits of the dead find peace in her womb.

Ama No Uzumi (Japanese) - A Shinto ancestral Goddess of longevity, protection and psychic abilities.

Asase Yaa (West African) - She represents the womb of the earth from whom we are all birthed and will return to at our death.

Annis (Celtic) - Depicted as a frightening old woman, keeper of wisdom and old ways.

Badb (Irish) - The shape shifting warrior Goddess who symbolises the cycles of life and death, wisdom and inspiration.

Baubo (Greek) - This Bawdy Goddess uses female sexuality and laughter to raise a smile from Demeter.

Baba Yaga (Russian) - In Slavic mythology she is the wild old woman; the witch; and mistress of magic.

Cerridwen (Celtic) - The Keeper of the Cauldron. She represents the wisdom of old age.

Cailleach (Celtic) - Hag and destroyer Goddess who ruled over disease, death, wisdom, seasonal rites and weather magic.