

Hand Out- Based on work from Women Who Run With Wolves
C. Pinkola Estes

The Retrieval of Intuition as Initiation.

Intuition is the treasure of woman's psyche.

This is a story of handing down women's power of intuition from mother to daughter, from one generation to the next. This power is composed of developing inner resources of: seeing, hearing, sensing and knowing.

There are 9 tasks. The end goal is a loving relationship with the Wild Woman.

Step One- Let the too good mother die.

Is there anywhere in your life where naiveté, or denial may be occurring?

How are you profiting from not knowing?

What attitudes or values that you hold support this?

Do you have a phrase or saying that verbalizes that belief?

What new attitude or belief could replace this?

Could you come up with a new phrase or affirmation?

Set a goal that you are willing to take risks for.

Are your dreams showing you, that you have been too sweet too long?

Step Two- Exposing the Crude Shadow

Is there any part of you, or any part of your life where you feel oppressed?

Are you in any of these circumstances setting aside your insight to get along?

Is there anywhere you are trying to prove your self worth to a "chorus of jealous hags/

Is there any situation in which you have allowed a piece of yourself to die in order to fit in? Describe.

Step Three- Navigating in the Dark.

What type of intuition does your mother, and other women in your family have?

How have they passed their abilities to you? How does your intuition differ from your families?

How has your intuition grown in the Integrated Therapies Course?

Can you think of any exercises, habits or attitudes that could support your intuition?

Keep a journal about what happens when you listen to your intuition, and what happens when you don't

Track your real reasons for not listening to your intuition. What are you afraid of losing?

Step Four- Facing the Wild Hag.

Are there any areas of your life or being, where you are still wild?

Have any areas become too routine or stagnant?

How do you react when you are around powerful people?

How do you act and feel when you are in a powerful position?

Step Five- Serving the Non Rational

How do you clear your head?

When was the last time you clean, sorted and organized your work space?

What projects or ideas do you need or wish to finish?

What has been holding you up?

How can you support your own progress?

What in you is burning to come into being?

Step Six- Separating This From That

In what circumstances do you make good judgments?

Has your unconscious ever helped with providing information on a question, through a dream, feeling, new thought, new approach?

How did you nurture this process?

Step Seven- Asking the Mysteries (life/death/life).

What does this phrase of Estes mean? "To let die is not against most women's nature, only their training".

Is there wisdom at times in letting someone or something, or some part of you live, and another part die? How so? Do you have an example from your life?

Step Eight- Standing on All Four's

Is there any part of you afraid of being too intuitive? How so?

How do we hold onto our intuition even if it is uncomfortable?

Step Nine- Recasting the Shadow

Oppressive situations have no life force. Where in your life do you feel “flat” or passionless?

When in your life have you settled with what was handy, rather than what you wanted? How is that working for you?

Practice asking yourself- What do I really want?

Try it around food, relationships, when you plan your time and when you choose your spiritual practices?

How good are you at hearing your own reply? Do you act on it? If yes, when and who supports you. If no, why not and what might you be afraid of losing?