Wild Woman Speaks

10 Steps to Living Your Wild Feminine Lifestyle

By: Alexandra Schueler
www.WildWomanSpeaks.com
Welcome to the first day of the rest of your life as an unleashed wild woman!

I believe with all of my heart that every single woman deserves to live a life where they feel connected to and expressed in their wild feminine nature.

Why? Because this is our natural essence — our wildness. When women are stripped of all the layers of societal and cultural conditioning, what is left at our core is that of the wild woman, the wild feminine, our wild feminine nature.

In a society that does not necessarily encourage women to express their wildness, it takes quite a bit of courage, intention and willingness to release the paradigms that have been projected upon us to repress our wildness.

The mission behind my work with *Wild Woman Speaks* is to support, uplift and inspire women in their journey of living lives where their inherent wild feminine nature is fully expressed and embodied. When women feel connected to their wildness, they naturally begin to exude more confidence, passion, happiness, health, sexiness... the list goes on. Who doesn’t want to feel more of all that?

We as women are born to express our wildness. Our nature was never meant to be tamed. We were born to be emotive, to bleed, to create life, to be sexual, to be expressive. Now is the time to allow our wildness to run free. We have navigated so far away from the days when the sacred feminine was worshipped and revered. It is time to get back to that place where the feminine in all of us, in all of life, is considered sacred again. We must re-sacralize the feminine within ourselves by embracing the wildness that is inherent to our very nature as women.

The following are ten easy steps for beginning to unleash and embrace your wild feminine nature, while also cultivating a lifestyle that nurtures this within us.

*I hope that these steps support you in bringing forth more of that juicy wild feminine nature that is already living within you!*
1. **Cultivate your sexy, sacred cycle!**

Naturalize the way you approach your menstrual cycle by eliminating the use of toxic commercial menstrual products, start using natural remedies to deal with “pre-moontime” experiences, and learn to bring sacredness into your monthly experience. Learning to naturalize your moon cycle can ground a woman into her wild feminine energy so rapidly, thoroughly and magically — this is a highly necessary step toward creating your wild feminine lifestyle.

*Here are a few actionable ways to naturalize your moon cycle:*

- Purchase a set of organic cloth reusable menstrual pads or a menstrual cup.
- Start giving your blood back to the earth each moon cycle at least once, by soaking your cloth pads in water and pouring that water over house plants or the garden. If you use a menstrual cup, pour the blood collected in the cup onto the earth somewhere.
- Take time off from work on your first few days of bleeding so that you have time to care for yourself, rest, and rejuvenate.
- Use natural remedies to manage cramps rather than using traditional medications, such as: cramp bark tincture, cannabis tincture, willow bark tea, or hot water bottles/heating pads directly on your womb.

2. **Say goodbye once and for all to synthetic birth control!**

It’s time to get off the synthetic and hormonal forms of birth control, my sisters. A major key to unleashing and embracing your wild feminine nature is stripping away any layers that might be repressing you. Birth control can not only damage your health, but it can also take away from your ability to take responsibility of your own health.

More and more research is coming out that is exposing how detrimental the use of synthetic birth control can be for a woman’s health. In extreme cases, they have been known to cause infertility, ovarian and breast cancer, loss of menstruation, blood clots, high blood pressure, liver tumors, heart attacks and more. In other cases, it has been known to cause nausea, decreased libido, mood swings, hormone irregularity, depression, weight gain, and more.
Not only that, but women are being encouraged to give away their power to the medical system by putting their fertility in the hands of doctors. There are other options! The Fertility Awareness Method (FAM) is a beautiful way to empower your relationship to your fertility where rather than “controlling” your body, you are flowing with the natural tides of your body.

Learn more about how you can practice the Fertility Awareness Method by checking out these two blog posts on my website, written by a guest writer and FAM practitioner:
Self-Empowerment Through the Art of Fertility Awareness, Part 1
Self-Empowerment Through the Art of Fertility Awareness, Part 2

3. Make nature your new bestie.
The wild woman spends time out in nature regularly. She connects with nature daily like it’s a close friend. The wild woman archetype herself is at home in nature of all kinds: in the woods, around wild bodies of water, hiking mountains, exploring the desert, and more.

Spending time in nature has been proven to have a dramatically positive effect on our health, peace of mind, and overall well-being. Nature holds some of, if not the most, profound beauty that exists on Earth. Immersing ourselves in nature supports us in cultivating our spiritual connection to the earth, and all living things. The wild woman archetype is associated with plants, animals, fungi, and living things as a whole, so connecting to these beings and nature as a whole, helps us to embody the wild woman archetype.

Nature taps us into our wild nature, stripping us down to our bare wild soul if we will only open to it.

Here are a few actionable ideas for connecting to nature:

- Meditate at a beautiful spot in nature. Climb a mountain overlooking an epic vista, sit by a brook, river or stream. Or, you can immerse yourself in the woods, trees and dirt — these can be lovely places to sit in silence opening to the natural world.
- Swim in wild water! Get yourself to wild bodies of water on a regular basis and swim in them. Water can be so peaceful, calming and cleansing to our body, mind and spirit. Bonus points if you get naked to swim ;)
- Make a date with yourself at least once per week to take a hike in your area, or beyond. Create a list of gorgeous hikes that surround you, or even require a little journey to access and do one every week.
- Harvest wild edible and medicinal plants! Cultivate a relationship with the plant world. There is so much health and medicine to glean from wild plant life. Study herbalism, wild foraging and how to use wild food as plants and medicine.

4. Strip down girlfriend, and get NAKED!
A crucial aspect of the wild feminine lifestyle is getting comfortable with being naked. We were born naked. It’s our most natural outfit. We were given this body as a vessel to inhabit in this lifetime for a reason. Not only is our nakedness a huge part of our wildness, but embracing our femininity means coming into a healthy relationship with our naked bodies as well.

Our society projects the most skewed ideals of body image and does not promote healthy body awareness whatsoever. This sends women into a spiral of body hate and feelings of self-loathing all too often. It’s likely that we’ve each been through it at one time or another, but we can combat these feelings by counteracting them with positive body associations.

Here are a few actionable ways to spend more time in your daily life naked and being more comfortable while doing it:

- Sleep naked. Why wear pajamas anyway? It’s extra comfortable to sleep with your naked skin against soft sheets, and there are even reported health benefits to sleeping naked too!
- Spend time naked around the house. Try doing your day-to-day tasks around the house naked. It might feel silly at first, but I promise you, after a doing this a few times, you will start to love it! If you have roommates, get naked as soon as they leave the house!
- Sun bathe naked! Spend time out in the sunshine as often as possible and get naked. In your yard, on a rooftop in the city, in a secluded spot in nature — wherever and whenever you can, get your naked body in the sunshine! Bonus points: sun bathe your yoni! That’s right homegirl… I’m telling you to
get your vagina in the sunshine as much as possible. You can thank me for this later.

- Do positive affirmations in the mirror while naked. This is a beneficial practice for all women, considering the society and culture we live in, but especially as a woman who might feel uncomfortable naked or uncomfortable with her body in general. Get naked in your bathroom or bedroom in front of a mirror and say loving things out loud to yourself, such as, “I love my beautiful, natural, naked body.” Or, “I am so gorgeous in my wild feminine nakedness.” Get creative!

5. Embrace your inner sex kitten seductress.

Cultivate and commune with your sacred sexual nature. Yes, ladies... allowing your inherent sexuality and sensuality to be expressed is a part of the wild feminine lifestyle! Sexuality is natural. Sensuality is natural. They are all intrinsic to our human nature.

While society and culture may continually attempt to suppress our sexual nature, this does not deny the fact that it is a part of our natural wildness as human beings. It is our duty on the planet as wild women (and men, for that matter!) to shed the shame, negative stories and cultural paradigms around sexuality that have been projected upon us.

The next few actionable suggestions can support you in releasing shame and stepping more fully into communion with your sacred sexuality:

- Learn the female anatomy. It’s true, very few women even understand their female anatomy as a whole. There is much more happening down in our lady part region than meets the eye... far beyond what we were taught in school. I highly suggest checking out the book “Women’s Anatomy of Arousal” by Sheri Winston for a wholistic view on sexuality and female anatomy. It’s a game-changer book.
- Self-pleasure. That’s right my darlings, I’m telling you to touch yourself. Knowing and understanding our bodies from intimate self-connection is of the utmost importance in cultivating a sacred sexual relationship within and without ourselves.
- Get to know the Goddess archetypes that embody sexuality and sensuality. Athena, Freya, Aphrodite, Eurynome... we can connect to and call upon these Goddess archetypes in moments of transitions, growth, and simply
when we desire more of the energy that they embody in our lives. Research what they have to share with us and call on them when you desire their support!

- Embrace your true desires and turn-ons. Open up to your true sexual nature, whatever that looks like. It is going to be unique to each of us. Embrace your fantasies and welcome more of them into your life. Dream big and be real with yourself. Ask for what you want, and most importantly — be true to yourself and your needs/desires. We all desire to receive what we want sexually, and that begins with loving and accepting ourselves for whatever our authentic sexual landscape looks like.

6. For the love of the Goddess!
As I briefly mentioned in the last step with connecting to the Goddess archetypes, you can do this in every aspect of your life to anchor in the energy that you are desiring more of. There are centuries worth of archetypal wisdom that has been passed from generation to generation which we can call upon for support in our lives. These Goddesses each carry unique wisdom that can fuel us, inspire us, ground us, and so much more.

Use these actionable ideas to start learning how to connect to the energies of the Goddess archetypes:

- Get yourself a Goddess Oracle Deck that teaches you about the archetypes while also being a system for calling on divine wisdom. I highly recommend the Goddess Oracle Deck by Amy Sophia Marashinsky, which is the one I personally use and gift to all of my girlfriends because I love it so much. Check that it here: [http://goo.gl/6Jm3zT](http://goo.gl/6Jm3zT)
- Using the Goddess Oracle Deck suggested above or by doing your own studies online and through books, choose a few Goddesses whose energy you would like to embody more of, and meditate on those archetypes throughout your day or even better, in focused seated meditation.
- When you are in need of guidance in a specific area of your life, find the Goddess archetype that embodies that energy and call on her. Pray to her. Talk to her out loud as you feel comfortable. Visualize her energy entering your being and infusing that desired energy all throughout your body, mind, heart and spirit.
7. Get down with the Sisterhood!

Another crucial aspect of the wild feminine lifestyle is cultivating sisterhood in your life! Every woman deserves close friendships with other women where they can invest deep trust in one another, support one another without judgement, share all aspects of their lives, celebrate with one another, laugh together, cry together, grieve together… all of it. Sisterly relationships nourish us in ways that no other connection can.

We need to release the paradigm of competition amongst women by creating sisterhood with one another, instead. Rather than competing with another woman, feeling jealous of her, or comparing yourself against her — give her a compliment and decide, “Yeah, I think I’ll have what she’s having!” and choose to cultivate that which you are envious of in her, within yourself.

So how do you cultivate sisterhood in your life, you ask?

Doing any of the following actionable tips will help you generate sisterhood in your life, fast:

- Find a red tent or moon lodge in your area! Red tents and moon lodges are an ancient practice of women gathering together with intention to connect, cultivate spirituality, and celebrate the sacred feminine. Google search for a red tent or moon lodge in your area and check this website to see if there is one already established in your area: http://www.redtentmovie.com/red_tents_near_you.html

- Gather with a group of your closest friends once per month. Whether or not you are able to find a red tent or moon lodge in your area, start a gathering with your nearest and dearest female friends. This could look like going out to dinner once per month together, gathering at one another’s home for food and wine, hosting an actual women’s circle in your home – get creative! The main intention is to simply gather with other women in celebration of sisterhood

- Go to women’s empowerment workshops and retreats! Start researching online for day-long, weekend-long, or even week-long workshops/retreats/events that are held for women only, where the focus is on women’s empowerment. These kinds of events naturally tend to attract women who are interested in empowering themselves and learning more about the sacred feminine, so you are bound to connect with likeminded sisters at
these gatherings. To get you started, check out Alisa Starkweather’s (a dear mentor of mine) work here: http://www.alisastarkweather.com

- Have weekly “sister dates”. At least once per week, get together with a close female friend to go out to lunch, to go for a hike, to gather spring water, or just to hang out for the evening. Infusing our daily/weekly/monthly lives with our women friends can keep us nourished, processed, clear, and feeling connected on a more regular basis!

8. Dance, dance, dance, your face (and ass) off!
Dance like nobody is watching, women. As a movement modality, dance is one of the most feminine practices we can engage in. Dance encourages the energy of flowing, surrender, ecstasy, circles, flirting with our edges of self-expression... all very feminine aspects.

Want to drop yourself into your feminine energy quickly? Dance! It doesn’t matter if you have any formal training or not. I truly believe that every woman is a dancer by nature, we just have to let go of the idea of looking all perfectly “professional” (whatever that means) while doing it. Dance is a wonderful form of exercise, especially for women, so I encourage you try it out to help you unleash and embrace your wild feminine nature!

Here are a few actionable ways to begin exploring dance in a way that feels good for you:

- Research various modalities of free-form dance, such as: 5Rhythms, Ecstatic Dance, Authentic Movement, Dancing Freedom, etc. These are all modalities that don’t require specific movements or choreography — they are all forms that simply require you to show up, ready to express yourself.
- Let yourself GO! Dance can be a fast track to ecstasy. Dance encourages us to surrender, releasing the mental chatter, the heaviness of the day, whatever might be plaguing us and instead, just FEEL. The more we are able to let ourselves go into the movement, feeling the flowing energy within our bodies emanating out and listening to our internal rhythms, the more ecstasy we can generate within ourselves.
- Explore the wild sensuality of dance. One of my favorite things to do when I am alone at home, is to put on my favorite sensual music and dance. Sometimes I bounce all around dancing wildly, while other times I just feel like tapping into that inner sex kitten seductress we talked about earlier, and
dancing sensually in front of the mirror. Whichever way feels best for tuning into and turning on your sensuality, explore and express that mode of dance. Let go of the ideas of perfection and simply allow yourself to feel your sensual energy.

9. Eat like a Queen!
Nourish your Goddess body temple with only the best. When we feed ourselves the highest quality foods possible, it fuels not only our physical body, but it supports us in being emotionally stable and spiritually open. Choosing to fuel our bodies with deep nutrition brings us to life on a cellular level.

I’m suggesting to eat like a Queen for a reason – visualize Empresses, Priestesses, Queens, or Goddesses in your minds eye. Do you picture them consuming low quality foods that detract from their health? Not a chance! They are eating the best, most divine foods that exist, nourishing themselves as a sensual, sensory level.

These are the key pieces to remember when deciding how to fuel your body:

- When shopping for any food, ALWAYS choose organic. We don’t want to infuse our bodies with pesticides, fungicides, herbicides, etc. Pick organic foods that are free of chemicals and other questionable substances.
- Never eat GMO foods. Genetically modified food items can mess with mutate our genes, causing sickness and disease in our bodies. Research what GMO foods are out on the market, and then never eat those foods unless they are organic. Avoid canola oil at all costs.
- Consume wild foods when possible! We are all about the wildness here, so learning what wild foods we can eat that grow in our local environment can take our Queen-like health to an even higher level of nourishment. Books like the Foragers Harvest by Samuel Thayer can be helpful in learning which wild edibles grow near you. Talk about being a wild woman — eating from nature is definitely wild woman status!
- Drink nourishing herbal tea! Start to learn about herbs that are nourishing for women, and make tea using those herbs on a regular basis. Herbs like nettle, milky oats, dandelion leaf, shatavari, hibiscus, and rose hips are a few herbs that I love and feel nourishing to me as a woman. To learn more
about herbalism for women, check out Rosemary Gladstar’s book *Herbal Healing for Women*.

10. Fall head over heels in love with yourself!
Self-care and self-love is of the utmost importance in cultivating your wild feminine lifestyle. Why? Because we come first! Our immediate health and well-being is so necessary so that we can radiate our gorgeous, wild femininity out into the world.

Make yourself a priority by scheduling time each day to do things that make you feel nurtured and loved. Take good care of yourself by managing your stress and knowing when to rest, relax and rejuvenate.

*Use any and all of these actionable strategies to love and care for yourself:*

- Take baths. Soaking in water can be so nurturing for the mind, body and soul. Throw some sea salt in there, a few drops of your favorite essential oils and you’ve got a bath fit for a Goddess.
- Do things that bring you joy. At the very least, do ONE thing that brings you exceptional joy every single day. Whatever you are passionate about, do that and do it often.
- Breathe! It has become an epidemic in society today where people aren’t breathing enough. Too many of us breathe unreasonably shallow, which keeps our nervous system thinking we are stressed out and in fight or flight mode all of the time. Taking deep belly breaths can ground our energy and get us back into that flow state.
- Adorn yourself with delicious oils. One of my favorite ways to practice self-love/care is to lather myself in intoxicating essential oils. My favorite company to purchase essential oils from is *Living Libations*, as they make the most divine beauty/body care products. Using their products have me feeling like Cleopatra on a daily basis! Applying delicious oils from head to toe will leave you feeling like a vibrant woman.
- Have a wild woman’s night IN. Setting yourself up with your movie of choice (on these kinds of nights I typically choose a fabulous romantic comedy), a bottle of yummy red wine, and a bar (or two!) of your favorite raw chocolate makes for the most satisfying night of nourishing your femininity — trust me!
- Positive self-talk is vital. Watch your thought patterns and the way you talk to yourself throughout the day. Notice if you could be kinder to yourself, and if so, work on re-framing the language you use to speak to yourself so that you are more compassionate.

That completes the **Wild Woman Speaks Guide to Living Your Wild Feminine Lifestyle**! I hope the strategies that I have offered you here are supportive to you in your journey of unleashing and embracing your wild femininity. I know they have been some of the main practices that I have incorporated into my life that have brought me to where I am today. I have faith that they can do the same for you!

Every woman can live a life with her wild feminine nature turned on and expressed. It’s just a matter of understanding how we can bring this intrinsic part of ourselves out into the forefront, and feel safe in doing so.

I’m so passionate about women’s wildness because living my life with this part of myself in the forefront has altered my existence forever and I know it will do the same for you.

**Let’s connect with each other on all of the wonderful social media outlets! You can find me hanging out here:**

Twitter: @alischueler  
Facebook: Wild Woman Speaks  
Instagram: Wild Woman Speaks  
Pinterest: Wild Woman Speaks  
YouTube: Wild Woman Speaks

*To your wild feminine nature,*

xo Ali  