

## Quotes from **Clarissa Pinkola Estes**

She defined wildness as not uncontrolled behavior but a kind of savage creativity, the instinctual ability to know what tool to use and when to use it.

Mary is a girl gang leader in Heaven. She is fuerte-strong, fierce. We have been given a clean-up, Anglicized version of her. But the saints had callouses on their hands.

Within every woman there is a wild and natural creature, a powerful force, filled with good instincts, passionate creativity, and ageless knowing.

Anything you do from the soulful self will help lighten the burdens of the world. Anything. You have no idea what the smallest word, the tiniest generosity, can cause to be set in motion...Mend the part of the world that is within your reach.

When we accept our own wild beauty, it is put into perspective, and we are no longer poignantly aware of it anymore, but neither would we forsake it or disclaim it either. Does a wolf know how beautiful she is when she leaps? Does a feline know what beautiful shapes she makes when she sits? Is a bird awed by the sound it hears when it snaps open its wings? Learning from them, we just act in our own true way and do not draw back from or hide our natural beauty. Like the creatures, we just are, and it is right.

To be ourselves causes us to be exiled by many others, and yet to comply with what others want causes us to be exiled from ourselves.

Healthy wolves and healthy women share certain psychic characteristics: keen sensing, playful spirit, and a heightened capacity for devotion. Wolves and women are relational by nature, inquiring, possessed of great endurance and strength.

With the wild nature as ally and teacher we see not through two eyes but through the many eyes of intuition. With intuition we are like the starry night, we gaze at the world through a thousand eyes. The wild woman is fluent in the language of dreams, images, passion, and poetry.

All that you are seeking is also seeking you. If you lie still, sit still, it will find you. It has been waiting for you a long time.

We are all filled with a longing for the wild. There are few culturally sanctioned antidotes for this yearning. We were taught to feel shame for such a desire. We grew our hair long and used it to hide our feelings. But the shadow of Wild Woman still lurks behind us during our days and in our nights. No matter where we are, the shadow that trots behind us is definitely four-footed.

The psyches and souls of women also have their own cycles and seasons of doing and solitude, running and staying, being involved and being removed, questing and resting, creating and incubating, being of the world and returning to the soul-place.

The quintessential feminine Self stands at the center of the psyche and it is wild, meaning natural and free, and utterly wise. It is not 'something' we must strive to create. This Self is already fully present, burning strong and waiting for us to come into its presence.

Suppose... the body is a God in its own right, a teacher, a mentor, a certified guide? Then what? .... Are we strong enough to refute the party line and listen deep, listen true to the body as a powerful and holy being?

So, let us push on now, and remember ourselves back to the wild soul. Let us sing her flesh back onto our bones.