



From Women Who Run With the Wolves

Wildlife and the Wild Woman are both endangered species. Over time, we have seen the feminine instinctive nature looted, driven back and overbuilt. For long periods, it has been mismanaged like the wildlife and the wildlands. For several thousand years, as soon as we turn our backs, it is relegated to the poorest land in the psyche.

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. They are deeply intuitive, immensely concerned with their young, their mate and their pack. They are experienced in adapting to constantly changing circumstances; they are fiercely loyal and very brave.

Women find that as they vanquish the predator, taking from it what is useful and leaving the rest, they are filled with intensity, vitality and drive. They have rendered from the predator what has been stolen from them, vigor and substance. To render the predator's energy and turn it into something else can be understood in these ways: The predator's rage can be rendered into a soul-fire for accomplishing a great task in the world. The predator's craftiness can be used to inspect and understand things from a distance. The predator's killing nature can be used to kill off that which must properly die in a woman's life, or what she must die to in her outer life, these being different things at different times. Usually she knows exactly what they are.

As in nature, the soul and the spirit have resources that are astonishing. Like wolves and other creatures, the soul and spirit are able to thrive on very little, and sometimes for a long time on nothing.

Here is the promise from the wild psyche to all of us. Even though we have only heard or seen or dreamt a wondrous world that we belonged to once, even though we have not yet or momentarily touched it, even though we do not identify ourselves as part of it, the memory of it is a beacon that guides us toward what we belong to, and for the rest of our lives.

To create, one must be able to respond. Creativity is the ability to respond to all that goes on around us, to choose from the hundreds of possibilities of thought, feeling and action, and reaction and to put these together in a unique response, expression or message that carries moment, passion and meaning. In this sense, loss of our creative milieu means finding ourselves limited to only one choice, divested of, suppressing, or censoring feelings and thoughts, not acting, doing or being.

Being with real people who warm us, who endorse and exalt our creativity, is essential to the flow of creative life...Nurture is a chorus of voices both from within and without that notices the state of a woman's being, takes care to encourage it, and if necessary, gives comfort as well.

When women are out in the cold, they tend to live on fantasies instead of action. Fantasy of this sort is the great anesthetizer of woman...Anyone who does not support your art, your life, is not worth your time. Harsh but true.

Friends who love you and have warmth for your creative life are the very best suns in the world.

This is what Wild Woman offers us: the ability to see what is before us through focusing through stopping and looking and smelling and listening and feeling and tasting. Focusing is the use of all of our senses, including intuition. It is from this world that women come to claim their own voices, their own values, their imaginations, their clairvoyance, their stories, and the ancient memories of women. And these are the work of focus and creation.