



## Lessons from Vasalisa the Wise

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## Women Who Run w/ the Wolves

1. If we stay with the “too-good mother” too long, we won’t develop our innate Intuition and our Gifts will be hidden – we wander searching
  - “You can’t do that,” “You’ll fail if you try that,” etc.
  - a life-altering event can reset Intuition no matter age
2. We must die to the old self and allow the new Intuitive Self to be born
  - To be our True Self separates us from family/society/job
  - To cave to this pressure separates us from our True Self
  - When we don’t realize our Power, we cave to pressure
3. We must feed our Intuition by listening to it regularly and following its advice
  - Building Intuition is like working a muscle to strengthen it
  - Only by listening to Intuition can we become our Wild Woman Spirit
4. Falling in rut of routine life mutes Intuition
  - Allow your Wild Woman Spirit to howl!
  - Embrace the joy, oddness and wildness of your True Self
5. Clear a space for your Intuition to work and inner fire to blaze
  - Meditate, walk in nature, yoga, listen to music, etc.
  - Create a Bliss Station for your Gifts to grow
6. Tend your Wild Woman Garden regularly
  - Discern life-giving and life-taking things in your life
  - Water, weed and prune your Wild Woman Garden
7. Learn your Wild Woman creative cycles
  - Cycles of your life and the lessons in each – knowledge grows
  - Cycles of creativity, new ideas, solitude, play, rest, sexuality, etc.
  - Don’t force it – allow it to flow naturally
8. Accept the full Power of your Wild Woman Spirit
  - Not following Knowing can lead to negative life outcomes
  - You become keenly aware of what lies beneath others’ motives, ideas, actions, words
  - You become keenly aware of your own Inner Critic
9. Walk with your Wild Woman Spirit preceding you – what do YOU want?
  - Don’t be afraid of your Power – negative forces lose their power
  - Must make difficult decisions of what lives and what dies – friends, partners, mentors, jobs, etc. – choose what celebrates you