

The Basic Nutrition of Your Soul

“What is the basic nutrition of the soul? Well, it differs from creature to creature, but here are some combinations. Consider them macrobiotics. For some women, air, night, sunlight, and trees are necessities. For others, words, paper, and books are the only thing that satiate. For others, color, form, shadow, and clay are the absolutes. Some women must leap, bow, and run, for their souls crave dance. Yet others crave only a tree-leaning peace.”

- Dr. Clarissa Pinlola Estes

from *Women Who Run with the Wolves: Myths and Stories of the Wild Woman Archetype*

Self Reflection

What are the simple things in life that bring you joy?

What are you willing to let go of to make time to feed your soul?

How can you include your family?