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## The Five Most Common Ways a Woman Loses Her Innate Female Wisdom

1. **Closing her heart and running away from her emotions.** Often, a seminal event forces a woman to stop expressing her feelings, stop trusting her intuition, or shut the door on her inner life altogether. This catalyst could be rape or incest, illness, divorce or marriage, the birth of a child, the death of a parent, or any loss.
2. **Losing connection with her physical body as well as the body of the earth.** In today's age of information and uniformity, most people live mostly in their heads, preferring the tidy logical mind over the messy body. We also spend most of our time inside buildings or cars. A woman who lives this way is routinely disconnected from her sensuality, her instincts, and the wondrous, nourishing natural world.
3. **Addiction to doing.** Driven by the benchmarks of our dominant culture, a woman can easily betray her sacred feminine in her quest to be productive, accomplished, and successful. Every woman deserves to find fulfilling work. Workaholism, however, is one of the most subversive enemies of a fruitful inner life
4. **Abandoning her interior life.** Relentless busyness and speed leave no time for contemplation. A woman needs silence and solitude, restful periods of slowing down, and open space for spiritual inquiry to cultivate her profound inner wisdom.
5. **Not standing up for her true self.** In the workplace and in her intimate relationships with men, a woman is frequently misled, bullied, or seduced into dismissing her emotional intelligence and intuition. Striving to be rational, linear, and concrete—to think like a man—is a very effective way to crush the wisdom of the feminine.

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Inspired by *Returning to My Mother's House: Taking Back the Wisdom of the Feminine* by Gail Straub (High Point; October 2008; ISBN: 978-0-9630347-5-1; distributed by Chelsea Green Publishing).

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