

Clarissa Pinkola Estes

Quotes

*Soul, Mean, Self, Strong, Heart, Art, Medicine, Dream, Teacher, World, Stories,
Passion, Healthy, Night, Powerful, Running, Believe, Fall, Healing, Real*

If you have never been called a defiant, incorrigible, impossible womanâ€¦ have faith. There is yet time.

~Clarissa Pinkola Estes

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.

~Clarissa Pinkola Estes

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

~Clarissa Pinkola Estes

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.

~Clarissa Pinkola Estes

When a great ship is in harbor and moored, it is safe, there can be no doubt. But that is not what great ships are built for.

~Clarissa Pinkola Estes

I hope you will go out and let stories happen to you, and that you will work them, water them with your blood and tears and your laughter till they bloom, till you yourself burst into bloom.

~Clarissa Pinkola Estes

Do not lose heart. We were made for these times.....For years we have been learning, practicing, been in training for...and just waiting to meet on this exact plain of engagement.

~Clarissa Pinkola Estes

A healthy woman is much like a wolf: robust, chock-full, strong life force, life-giving, territorially aware, inventive, loyal, roving.

~Clarissa Pinkola Estes

Be proud of your scars. They have everything to do with your strength, and what you've endured. They're a treasure map to the deep self.

~Clarissa Pinkola Estes

If you have yet to be called an incorrigible, defiant woman, don't worry, there is still time

~Clarissa Pinkola Estes

Go out in the woods, go out. If you don't go out in the woods nothing will ever happen and your life will never begin.

~Clarissa Pinkola Estes

All strong souls first go to hell before they do the healing of the world they came here for. If we are lucky, we return to help those still trapped below.

~Clarissa Pinkola Estes

My brain has no heart, and my heart has no brain. That's why when I speak my mind, I appear heartless and when I do what's in my heart I seem thoughtless.

~Clarissa Pinkola Estes

To love pleasure takes little. To love truly takes a hero who can manage his own fear.

~Clarissa Pinkola Estes

Rather than chairs and tables, I preferred the ground, trees, and caves, for in those places I felt I could lean against the cheek of God.

~Clarissa Pinkola Estes

If you have ever been called defiant, incorrigible, forward, cunning, insurgent, unruly, rebellious, you're on the right track.

~Clarissa Pinkola Estes

The point of art is not simply to express ourselves, but to create an external, concrete form in which the soul of our lives can be evoked and contained.

~Clarissa Pinkola Estes

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

~Clarissa Pinkola Estes

Stories are medicine. They have such power; they do not require that we do, be, act anything - we need only listen.

~Clarissa Pinkola Estes

For myself, solitude is rather like a folded-up forest that I carry with me everywhere and unfurl around myself when I have need.

~Clarissa Pinkola Estes

Bone by bone, hair by hair, Wild Woman comes back. Through night dreams, through events half understood and half remembered.

~Clarissa Pinkola Estes

Mindful choosing of friends and lovers, not to mention teachers, is critical to remaining conscious, remaining intuitive, remaining in charge of the fiery light that sees and knows.

~Clarissa Pinkola Estes

When you focus with soul eyes, / You will see home in many, many places.

~Clarissa Pinkola Estes

The wild woman is fluent in the language of dreams, images, passion, and poetry.

~Clarissa Pinkola Estes

To love means to embrace and at the same time to withstand many endings, and many many beginnings- all in the same relationship.

~Clarissa Pinkola Estes

The most important thing is to hold on, hold out, for your creative life, for your solitude, for your time to be and do, for your very life.

~Clarissa Pinkola Estes

Be wild; that is how to clear the river.

~Clarissa Pinkola Estes

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

~Clarissa Pinkola Estes

Dogs are the magicians of the universe.

~Clarissa Pinkola Estes

It's not the failure that holds us back but the reluctance to begin over again that causes us to stagnate.

~Clarissa Pinkola Estes

It's not by accident that the pristine wilderness of our planet disappears as the understanding of our own inner wild nature fades.

~Clarissa Pinkola Estes

If you've lost focus, just sit down and be still. Take the idea and rock it to and fro. Keep some of it and throw some away, and it will renew itself. You need do no more.

~Clarissa Pinkola Estes

I learned about the sacred art of self-decoration with the monarch butterflies perched atop my head, lightning bugs as my night jewelry, and emerald-green frogs as bracelets.

~Clarissa Pinkola Estes

Ours is not the task of fixing the entire world at once, but of stretching out to mend the part of the world that is within our reach.

~Clarissa Pinkola Estes

I have to go to the woods, and I have to meet the wolf, or else my life will never begin.

~Clarissa Pinkola Estes

It is in the middle of misery that so much becomes clear. The one who says, 'Nothing good came of this' is not yet listening.

~Clarissa Pinkola Estes

A woman who is starved for her real soul-life may look 'cleaned up and combed' on the outside, but on the inside she is filled with dozens of pleading hands and empty mouths.

~Clarissa Pinkola Estes

Asking the proper questions is the central action of transformation. Questions are the key that causes the secret doors of the psyche to swing open.

~Clarissa Pinkola Estes

There will always be times when you feel discouraged. I too, have felt despair many times in my life, but I do not keep a chair for it; I will not entertain it. It is not allowed to eat from my plate.

~Clarissa Pinkola Estes

To be poor and be without trees, is to be the most starved human being in the world. To be poor and have trees, is to be completely rich in ways that money can never buy.

~Clarissa Pinkola Estes

At bottom is the best soil to sow and grow something new again. In that sense, hitting bottom, while extremely painful, is also the sowing ground.

~Clarissa Pinkola Estes

Tears are a river that takes you somewhereâ€¦Tears lift your boat off the rocks, off dry ground, carrying it downriver to someplace better.

~Clarissa Pinkola Estes

It is worse to stay where one does not belong at all than to wander about lost for a while and looking for the psychic and soulful kinship one requires

~Clarissa Pinkola Estes

This kind of forgetting does not erase memory, it lays the emotion surrounding the memory to rest.

~Clarissa Pinkola Estes

Story is far older than the art of science and psychology, and will always be the elder in the equation no matter how much time passes.

~Clarissa Pinkola Estes

I hope you will go out and let stories happen to you.

~Clarissa Pinkola Estes

When seeking guidance, don't ever listen to the tiny-hearted. Be kind to them, heap them with blessing, cajole them, but do not follow their advice.

~Clarissa Pinkola Estes

A runner is real when she takes the first step.

~Clarissa Pinkola Estes

Modern storytellers are the descendants of an immense and ancient

community of holy people, troubadours, bards, griots, cantadoras, cantors, traveling poets, bums, hags and crazy people.

~Clarissa Pinkola Estes

Solitude is not an absence of energy or action, as some believe, but is rather a boon of wild provisions transmitted to us from the soul.

~Clarissa Pinkola Estes

Anytime we feed soul, it guarantees increase.

~Clarissa Pinkola Estes

The desire to force love to live only in its most positive form is what causes love ultimately to fall over dead.

~Clarissa Pinkola Estes

Mend the part of the world that is within your reach.

~Clarissa Pinkola Estes

The soul has no gender.

~Clarissa Pinkola Estes

Story is a medicine which strengthens and arights the individual and the community.

~Clarissa Pinkola Estes

The predation of wolves and women by those who misunderstand them is strikingly similar.

~Clarissa Pinkola Estes

Since time out of mind, a considered act of heroism has been the cure for stultifying ambivalence.

~Clarissa Pinkola Estes

I am built close to the ground and of extravagant body.

~Clarissa Pinkola Estes

When women are relegated to moods, mannerisms, and contours that conform to a single ideal of beauty and behavior, they are captured in both body and soul, and are no longer free.

~Clarissa Pinkola Estes

When a woman speaks her truth, fires up her intention and feeling, stays tight with the instinctive nature, she is singing, she is living in the wild breath-stream of the soul.

~Clarissa Pinkola Estes

Artfulness is not simple entertainment, especially during upheaval, unleashing creative life is sacred duty.

~Clarissa Pinkola Estes

Asking the proper question is the central act of transformation!

~Clarissa Pinkola Estes

The craft of questions, the craft of stories, the craft of the hands - all these are the making of something, and that something is soul. Anytime we feed soul, it guarantees increase.

~Clarissa Pinkola Estes

Wolves never look more funny than when they have lost the scent and scabble to find it again: they hop in the air; they run in circles, they plow up the ground with their noses

~Clarissa Pinkola Estes

Nurture is like psychic Wheaties.

~Clarissa Pinkola Estes

Just because a woman is silent does not mean she agrees.

~Clarissa Pinkola Estes

Without art we live under the illusion that there is only time, and not eternity.

~Clarissa Pinkola Estes

Though her soul requires seeing, the culture around her requires sightlessness. Though her soul wishes to speak its truth, she is pressured to be silent.

~Clarissa Pinkola Estes

When you feel bad, find a person to talk to and cry with, to tell of your anger and other helpless feelings.

~Clarissa Pinkola Estes

Failure is a greater teacher than success

~Clarissa Pinkola Estes

Our own sorrows seem heavy enough, even when lifted by certain long-term joys. But watching others hurt is the breaker of most any heart.

~Clarissa Pinkola Estes

Any time I find medicine that's helpful, I share it with everyone I know.

~Clarissa Pinkola Estes

God forgives us. ... Who am I not to forgive?

~Clarissa Pinkola Estes

Writing, real writing, should leave a small sweet bruise somewhere on the writer . . . and on the reader.

~Clarissa Pinkola Estes

...stories that rise from deep suffering can provide the most potent remedies for past, present, and even future ills.

~Clarissa Pinkola Estes

Stories are medicine.

~Clarissa Pinkola Estes

If logic was anything, all men would ride sidesaddles.

~Clarissa Pinkola Estes

The body is like the earth ... as vulnerable to overbuilding, being carved into parcels, cut off, overmined, and shorn of its power as any landscape.

~Clarissa Pinkola Estes

If women were in charge of everything, there would be women tyrants. If black people were in charge, there would be black tyrants. If Hispanics were in charge, then Hispanic tyrants.

~Clarissa Pinkola Estes

we wish to make rage into a fire that cooks things rather than a fire of conflagration.

~Clarissa Pinkola Estes

I became married at a young age and had two daughters and divorced at 26. I had to go on welfare to make ends meet. I had no way to support myself.

~Clarissa Pinkola Estes

Art is not meant to be created in stolen moments only.

~Clarissa Pinkola Estes

Latina women are proud to be called Mrs. That simply means that we have a family.

~Clarissa Pinkola Estes

The deterioration of symbols is natural. They wear out, needing to be reclaimed, recreated; returned to the spirit.

~Clarissa Pinkola Estes

We all wish to be brave and strong in the face of disaster. We all wish to be looked up to for our endurance and efforts to help others.

~Clarissa Pinkola Estes

Related Links:

- Soul Quotes
- Mean Quotes
- Self Quotes
- Strong Quotes
- Heart Quotes
- Art Quotes
- Medicine Quotes
- Dream Quotes
- Teacher Quotes
- World Quotes
- Stories Quotes
- Passion Quotes
- Healthy Quotes
- Night Quotes
- Powerful Quotes
- Running Quotes
- Believe Quotes
- Fall Quotes
- Healing Quotes
- Real Quotes