

**Exploration Guides for Inner Journeys:  
To Help Discover and Nurture the Instinctual Self**  
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The following guides are for use with *Sharks On My Fin Tips: A Wild Woman's Adventures With Nature* by Simone Lipscomb. Each chapter has inquiry and ideas for discovering and nurturing the Instinctual or Wild Self that lies within each of us.

The Instinctual Self or Wild Woman/Man archetype is an important part of us that can help us live authentically and fully. According to Carl Jung, an archetype is a pre-existent form that seems to be part of the inherited structure of the psyche. Jung gives examples of archetypes—Wise Old Man, Great Mother, Wild Woman and similar figures from all world mythologies. The ancient archetypes are transcendent energies that can bring much wisdom and spiritual growth.

Qualities of the Instinctual Self—Wild Woman/Wild Man archetype may include:

Strong	Playful	Loyal Heart	Energetic	Powerful	Passionate
Wildish	Visionary	Assertive	Intuitive	Courageous	Un-tamed
Aware	Robust	Leader	Creative	Integral	

Personality symptoms of a frustrated Instinctual Self or Wild Woman/Wild Man:

Feels trapped	Loss of Interest	Bored	Angry	Aggressive
Feels stuck	Inner frailty	Puny	Fearful	Worried
Self-doubt	Weak			

Experiences in nature can help awaken the Instinctual Self which can lead to healing on many levels. Developing the courage to participate in outdoor adventures easily translates into having the courage to take a step further on the inward journey to wholeness.

The inquiry prompts are designed to be answered reflectively. Sometimes it helps to take a few deep breaths to center and focus prior to responding. Keep a diary or journal to help you as you progress. In essence, you are writing your myth.

These inquiries can be done solo or with a group. As with any self-exploration, have a good support system and if necessary, hire a guide or two to assist with your process. There are times when having the outer support and training makes all the difference in the outcome. Happy adventuring!

## **Chapter One-Amniotic Waters**

### **Inquiry:**

1. Where do you feel most at home in the world?
2. Where do you feel most at home within yourself?
3. Locate a safe place within your body...where is it?
4. What has been destroyed in your life? What have you lost?
5. What scars do you carry?
6. Describe your relationship with nature.
7. Are you at home within yourself?

### **Ideas:**

1. Find a place outdoors that helps you relax and connect to the Earth.
2. Visit it often.

## **Chapter Two-Best Laid Plans**

### **Inquiry:**

1. Describe an adventure you have experienced.
2. List 3 times your plans were disrupted. How did you deal with the unexpected change?
3. List an opportunity that arose that involved perceived risks. What was the risk? Did you take the opportunity? What was the outcome?
4. What specific adventure do you dream of and yearn for?
5. What is stopping you?
6. What is your experience of the beauty of the Earth?

### **Ideas:**

1. Identify an adventure you'd like to participate in. Gather as much information on it as you can. Keep a folder of photos, printed information and other items related to your adventure.
2. Look at your folder daily.

## **Chapter Three-Sharks On My Fin Tips**

### **Inquiry:**

1. Name and describe a choice you made that was contrary to your intuitive, inner knowing.
2. List three times stubbornness has caused difficulties in your life.
3. Describe a situation that was destructive or potentially destructive in your life. What did you do? How did you decide a course of action?
4. Describe a situation where you were in physical danger. What did you do?
5. Describe a situation where you violated your personal ethical and moral code. What was the outcome?
6. How have experiences such as these helped you grow? What have you learned?

### **Ideas:**

1. Look for images that represent your inner Wild Woman or Man/Instinctual Self.
2. Choose one and post it where you can see it daily.

## **Chapter Four-Into the Silence**

### **Inquiry:**

1. How has nature helped you connect with inner stillness?
2. How does your past affect your inner peace and peace of mind?
3. Do you see yourself as sacred? Explain

### **Ideas:**

1. Identify a place that invites you into stillness.
2. Visit it often.

## **Chapter Five-Jungle Monkey Tiki Bar**

### **Inquiry:**

1. Name something you want to do before you die.
2. What within you blocks this from happening?
3. What makes you feel alive, aware and connected with your inner wisdom?
4. Describe a moment where you felt connect to something bigger than you...God, Higher Power, Great Spirit, Source, Goddess.....
5. How have you become domesticated? What have you given up in order to fit into a perceived societal role?
6. What keeps you tied to limitations or a limited view of yourself?
7. What role has addiction played in your life? Drugs, alcohol, shopping, food, worry, anger.....

### **Ideas:**

1. Go outside and take 10 deep, slow breaths three times a day.
2. Purposefully and with intention slow your movements...walking, cooking, cleaning or whatever you find yourself doing...slow down and breathe into your body.

## **Chapter Six-Mosquito on the Windshield**

### **Inquiry:**

1. Describe a sacred place in nature.
2. What is your greatest fear?
3. What is your greatest perceived obstacle?
4. Think of an event when you overcame fear. How did you do it? Take some time to slow down the process as you remember. View it from the perspective of each of the following: mental process, physical process, emotional process, and spiritual process.
5. What has been the payoff for working through fear?
6. What has fear taught you?
7. How has your relationship with fear affected your life?

### **Ideas:**

1. Take your greatest fear to a sacred place in nature and sit with it. Pay attention to ideas, thoughts or images that surface. Write these down.
2. Leave a small gift at this sacred place...tobacco, cornmeal, a crystal or special rock.

## **Chapter Seven-Up to My Waist in Rattlesnakes**

### **Inquiry:**

1. What exaggerations have you created from fear?
2. How have they impacted your life?
3. How have negative judgments affected you?
4. Describe your Instinctual Self.

### **Ideas:**

1. Go to a favorite place outdoors and do something fun.
2. Be aware of the direction of the wind, the sunlight, trees, flowers, etc. Pay attention.

## **Chapter Eight-Weather Wise**

### **Inquiry:**

1. How has nature humbled you?
2. Describe an experience in the elements that was scary or that you perceived as dangerous.
3. Write about an experience of loss.
4. Have you lost someone close to you? How did he/she impact you?
5. What is the legacy you are creating?

### **Ideas:**

1. Observe a storm from a safe vantage point. Just sit and watch.
2. Pay attention to what you feel as you observe the storm.

## **Chapter Nine-Sea and Stone**

### **Inquiry:**

1. Describe an experience in nature that created an opening within you.
2. Tell about a disappointment in your life.
3. What causes you to become unbalanced?
4. Where does your mind usually focus? Stop at intervals daily and see what is occupying your mind.
5. What creates balance in your life?
6. How often do you do it?

### **Ideas:**

1. Go to a sacred place in nature, sit and breathe. Hold your mind on one of the following: air, fire, water or earth.
2. Leave a small gift...tobacco, cornmeal, a crystal or special stone, a flower....

## **Chapter Ten-Southern Latitudes**

### **Inquiry:**

1. What do you do to escape the stress and pressure of life?
2. What creates inner storms?
3. What creates your inner rainbow?
4. Where do you find joy in your life?
5. What affect does quiet and solitude have on you?
6. In your inner landscape, what most scares you?
7. Describe your personal experience of courage.
8. Can you laugh at mistakes you make? Explain.

### **Ideas:**

1. Take 5 minutes out of a stressful situation and go outside and breathe. Pay attention to the sky, the trees, other plants and sounds.
2. Add an additional 5 minutes just because you can.

## **Chapter Eleven-Free Fallin'**

### **Inquiry:**

1. What happens when the terrain of your inner landscape gets rough and steep? How do you respond?
2. List skills you have that help you navigate challenges.
3. Have you ever gone over the edge in you inner journey? What did you find there?
4. How much control do you need in your life in order to feel safe?
5. Write one sentence that describes your relationship with surrender.

### **Ideas:**

1. Choose an activity that challenges you and do it. Prepare by learning skills, getting necessary equipment, training and support.
2. Notice your process through each step of completing the challenge.

## **Chapter Twelve-Sugar Wreck**

### **Inquiry:**

1. Describe an experience of bliss you have had.
2. How did this change your life....or did it?
3. Describe a time where you felt safe and nurtured.
4. What amazes you?

### **Ideas:**

1. Make an appointment with a massage therapist or bodywork practitioner or do something equally nurturing.
2. Do something nice for yourself each day....be creative!

## **Chapter Thirteen-Lost in a Fog**

### **Inquiry:**

1. Tell about a time when you felt totally lost.
2. In one sentence describe your experience of Trust.
3. Where do you receive guidance?
4. Write about your ability to trust yourself.
5. How do you know when you are “found?”

### **Ideas:**

1. Choose a place in nature you are unfamiliar with but want to visit and plot a course to go there using a road map. Outline the route in a highlighter and write out critical directions such as turns, street names, etc. Examples...city park, state park, scenic highway. (Use a GPS only as a back-up).
2. Take a picnic and enjoy your visit.

## **Chapter Fourteen-Wildness in Danger**

### **Inquiry:**

1. Imagine your favorite wild animal. Describe it.
2. List traits or strengths of your favorite wild animal.
3. Do you have similar traits? List them.
4. How are you a part of nature?

### **Ideas:**

1. Find a picture of your favorite wild animal and keep it where you can see it each day.
2. Gather information about it such as habits, what it eats, where it lives.

## **Chapter Fifteen-Song of the Ocean**

### **Inquiry:**

1. Describe an experience where you felt a personal connection with nature.
2. Relate a story where nature provided a teaching for you.

### **Ideas:**

1. Go to a sacred place in nature and sit quietly and breathe. Ask a question you wish to have assistance in answering.
2. Observe your surroundings and listen for an answer. It could come in the form of an animal presenting itself, a weather phenomena, a sensation or a clear answer heard within.

## **Chapter Sixteen-Cathedral in Heaven's Gate**

### **Inquiry:**

1. Describe a place in nature that is beautiful. Use all five senses to describe it.
2. What—within you—is beautiful?
3. Is there something within you that longs to be set free? Explain.
4. Describe your Instinctual Self. What do you know about it?
5. How can you nurture this part of you?

### **Ideas:**

1. Go to a special place in nature and breathe. Allow an image of your Instinctual or Wild Self to form in your mind. Allow the wind, water, earth and sun/stars to bathe you with their essence.
2. Sense the connection you have to the elements, your connection to plants, wildlife, rocks....allow the connection to grow as you breathe into it.