

*Losing Her Spindle*

In her drive for connection in the outer world, World Weary Woman misappropriates what is holy, commercializing what needs to be developed in a sacred, private way. Paradoxically, although she has had her share of achievements, she may be unaware of her own value. She tends to equate the two, for she is better at attending others' needs over her own. She could benefit from learning to quit meddling in the affairs of others, but this is difficult because she has given them the measuring stick of her own worth. While she may appear confident in the outer world, it is difficult for her to set boundaries. She is afraid that meeting her own needs will estrange her from intimacy. This is because she lacks intimacy with herself.

Perhaps this is why she has so often given her energy to educational institutions, which are based on archetypal father values. More than a few World Weary Women have confided to me that one advantage of the so-called self-help movement has been this: it has supported their belief that they should be able to accomplish anything by figuring out the solution by themselves. The underbelly of this is that they have found another way to flee the closeness they need but are afraid of.

As she comes closer to birthing more intimate contact with her instincts and feelings, she grows afraid. At these times she may retreat into familiar, industrious ways, fearing that a new life will go up in smoke because she cannot trust that she will receive what she needs to mother this unknown aspect of herself. So she throws herself into projects in order not to feel her despair. She gets activated when doubts of her own self-worth come into play. Feeling undervalued by her mother, her Cinderella nature gets busy trying to gather validation and applause from the outer world. Martyrdom is not unknown to her.

A major task for World Weary Woman is to learn to be independent of outer applause. She must know herself as valuable, otherwise this is a burden for others, who are always called to applaud, adore. She must learn to rely on that which is internal, eternal, that which transcends doubt and fear. Until then, she fears that "leaning" will create permanent dependency, leaving her crippled and far too vulnerable. This is what makes it so difficult for her to come for the depth work offered by analytical psychology or other forms of therapy. She is frightened that if she acknowledges her loneliness, she will be somehow entrapped in a sticky web of pitch from which she will never be able to extricate herself. She has not yet experi-

enced that asking for the accompaniment she has never known brings her to the sovereignty she seeks.

*Confusion with Mother*

Because she has not had experience with her own feminine authority who can be tender and merciful, World Weary Woman may, as noted earlier, unconsciously seek weak men. During times of greatest fear, when she becomes dependent on men who lack connectedness with themselves, she may confuse them with her mother. One of the major consistencies of this research is World Weary Woman's description of her mother as unfilled creatively and psycho-spiritually. Their mothers may have been busy with a multiplicity of chores, but seemed somehow thwarted in their own individuation, although the need was rarely verbalized.

The tendency to oversentimentalize her relationships imprisons World Weary Woman until she can stand it no longer and must do something new. If she is fortunate, the sheer pressure pushes her to a leap of faith, teaching her that she can finally take her own stand and doesn't have to be backed up all the time. Ironically, it is addressing her wound in earnest that brings back zest. Until then, she does not know what is and is not hers to carry. Her own identity eludes her. Her numbness may provoke her to carry a partner's negative animus mother, or an institution's. When this happens, she secretly feels inept, an impostor. But underneath this secret hides still another: she fears that when she stands on her own feet, she will outshine her father. A "good" daughter believes she should not do this, especially if he has been frequently absent. When she diminishes herself she may be hoping that this, at last, will seduce him home to her. Her panic masks her true ability.

Leah brought a dream illustrating this. She was shown the ashes of her childhood playhouse which had been destroyed by fire the day the carpenter completed it. Apparently she and her little friends had played with candles and matches which led to the fire. In her dream:

My elementary school principal was standing by the ashes, and asked me for my school marks. Although I always got A's, my report card could not be found. The principal looked in the files under my married and family name. The files weren't there. He found my credits finally filed under the name I chose for myself—neither under my married nor family name.

Although I do not intend to analyze this dream here, one thing is clear.

Leah was being confronted with how she was hiding herself. When she is on the cusp of some valuable evolution in her development, she becomes terrified that it, too, will "go up in smoke." Her absolution comes each time she can forgive herself for leaving her father's house. Sometimes Leah needs to protect her shininess from being seen because this supports what is unfolding privately. But when this hiding comes from a feeling that she does not have the right to be seen, or fear that what she values will be taken away, then she has work to do on herself.

Leah's pattern is intergenerational, repeated back through her maternal roots from great-grandmother in Norway, to grandmother in Sweden, to mother in the United States. Each had a very difficult time leaving their father's expectations. Her dream came during a period when she had to find her voice within situations that infantilized, at work and in her marriage.

#### *Learning To Stand Up for Herself*

World Weary Woman can be impatient. Yet she is reluctant to express her anger directly, simply. Instead of keeping her irritation covered, she takes a big step when she expresses her anger and sadness directly. While she may be good at taking care of others, she is not well practiced in listening to and honoring her own feelings.

Several months after the above report card dream, Leah dreamt that she was in a bank, needing to obtain funds for a holiday of rest. (This was something she had not done in many years.) In the dream, the teller was so surprised that she wished to withdraw funds for this purpose, that he did not take immediate action, irritating the dreamer. The manager was summoned. He came out of his office, sat down at the table and began to talk to the dreamer about her real work. He told the dreamer that her work began with rest, which was the best investment for her future. After receiving this helpful message from her banker-animus, Leah began in her waking life to learn how to value what she did, while becoming increasingly realistic about the outer world of her father who valued men and women most when they were publicly acclaimed.

And so it is that there may be a teleological function in a missing father for little Gold Marie and Tar Marie, psychic components of World Weary Woman. She has learned ambition in her father's house, from the masculine psyche. Ultimately, her drive leads to a dead end. There, at her own well, her previous belief about who she is must give way. She must dive in to those cold, dark waters of suffering, become conscious of nature

and how she must serve her true goals.

Perhaps father has to be gone for World Weary Woman to begin her journey of individuation. Without the comfort of a nurturing feminine presence, her instincts are confused and she is left, like Leah, in ashes, searching for an identity which cannot come from others. Without a healthy internal masculine presence, she cannot discern how to act upon what the Self intends. For though the Self may not be concerned with this world, she must live in it.