

HERO'S JOURNEY / JOE CAMPBELL

- 7 STAGES ... The Call To Adventure
The Refusal of the Call
- XVI Master of the Two Worlds
- XVII Freedom to Live

- 8 ARCHETYPES
Hero / Mentor / Herald / Guardian
Ally / Trickster / Shape-shifter
Shadow (shadow aspect of the hero = villain)

PERSPECTIVES CHANGES PERCEPTIONS

the main mindset we take on for the purpose of this episode + at large for our HEALING JOURNEY

WE REMAIN THE NON-JUDGEMENTAL OBSERVER OF WHAT WE WORK THROUGH

TAKING RESPONSIBILITY DOES NOT MEAN - to agree
to comply
to accept
to forgive or forget

VS

TAKING RESPONSIBILITY IS EMPOWERING IF

- unconsciously
- mindfully
- honoring our uniqueness
- valuing the shapes of grief
- compassionately
- kindly, gently, lovingly

Acknowledge that even the yet wisest can hold wisdom, that out of death arises the possibility of a rebirth, out of something going, comes something new coming in. CHANCE IS THE ONLY CONSTANT IN LIFE

SHED OURSELVES FROM LABELS (such as victimhood)
SHED ANY + EVERY disempowered state of mind
SHED ALL THAT HOLDS US DOWN KEEP US SMALL DIPS OUR LIGHT

THE MOMENT WE REALISE WE ARE ACCOUNTABLE, THE MOMENT WE TAKE BACK RESPONSIBILITY FOR OUR THOUGHTS, FEELINGS + ACTIONS

We start creating our lives consciously, healing thoroughly, become active CREATORS OF THE STORY OF OUR LIFE

WE ARE ETERNAL BEINGS, LIVING THE HUMAN EXPERIENCE

Story VI:

ACCOUNTABILITY + RESPONSIBILITY



Fear gripped her whole body as she stood shivering in the shadow of the Great Oak. One last look back to all she had ever known, all that is familiar to her, the loved ones she'd leave behind. And yet she knew this needed to be done, deep down she knew she'd kept destiny waiting for far too long. Avoiding the obvious > Following the call into the unknown

Exercise 'Perspectives'

REFLECT: Is she the hero? Who could view her as the villain? Could she take on any other archetypal role for someone else? What would that role be - the Herald, a trickster?

I SELECT | SITUATION THAT YOU WANT TO WORK THROUGH (that causes pain, disappointment, unfairness, hurt) be very specific, describe thoughts, emotions, actions AS WELL AS surroundings, all senses involved

II ASSIGN to each and every person in this situation (including you) one of the archetypes listed above + do your own research (this active part is essential to a healing reflection journey).

III NOW choose one of the people from your story. DESCRIBE the same story by filling their shoes, by diving into their perspective + be very detailed again (what are they feeling, thinking, doing, smelling, seeing hearing ...)

IV BE GENTLE anything that comes up - let it out
WHATEVER: scream into a pillow punch the pillow
PAIN: cry and let yourself be vulnerable
JOY: laugh, dance, interrupt and put on your favorite song

ALL IS VALID = THIS IS YOUR JOURNEY

It takes deep immense work, you are to only go there if you feel you have the strength to see it through

this is work, sometimes we need SUPPORT from trained professionals to get through our core wounds

SEEK OUT A PROFESSIONAL + ONLY DO / TAKE WITH YOU WHAT RESONATES!

BE GENTLE WITH YOURSELF BE WISE + SMART