

The Hero's Journey®

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The Hero's Journey is one of the major universal themes, a story, which underpins most people's lives. This story depicts the souls striving for consciousness of spirit and its connection to all humanity. It represents the navigation of life's challenges, urging you to develop an awareness of the ego and your true Self, being and becoming the archetype of wholeness: who you really are. In the process of that development you come to understand the ego's essential role in the achievement of autonomy and the integration of the Self.

The story of the Hero urges you to pull the pieces of your spirit into a collective and united working whole, by confronting life's challenges with stamina and strength to succeed over the tasks at hand. The Hero helps you to face life's obstacles so that you awaken both inner and spiritual power. You were meant to develop and strengthen your inner resources. You were meant to achieve the heroic vision of the Self that ultimately serves the evolution of consciousness within the collective soul.

When you think of a hero you tend to think of someone you look up to, admire or even idolise in terms of their worldly success. You admire their exceptional qualities: their ability to do well and lead the way in their chosen field. Actors, sporting figures and entrepreneurs usually fall into this category. They are all successful in the physical and material world. When you think 'Hero', you tend to think of someone else, not yourself. After all, how can someone like me be a hero?

The Hero's Journey is in fact a call to an interior adventure into your self. It will take you on a journey to your inner worlds, connecting you to the many parts of yourself that make up your character, in order that you integrate your strengths and weaknesses. The things in life that you are comfortable with are naturally those that you have mastered. The things in life that you are not comfortable with are the things you are yet to master. Life is full of challenges and obstacles for you to overcome. When the student is ready to learn, the challenge will appear.

It's a challenge to face yourself head on, but it means that rather than ignoring or rejecting the ego completely, you develop an essential awareness of the ego, and acknowledge its role in helping you to achieve a truer state of being and self acceptance.

You are supposed to use your awareness of the ego to help you to accept who you are, rather than hinder you. In truly accepting your self, you can then accept others just as they are. Wholeness of being rather than striving for perfection becomes your goal. The ego and all its foibles become your stepping stones into your Self. 'Failure' is viewed as learning and understanding what not to do. You didn't know before, but now you do. Leaving no stones unturned, the Hero's Journey becomes a process of accepting yourself warts and all, were you liberate your spirit and manifest all that you can be in this lifetime.

This is your personal mission. Simultaneously taking care of your own needs, helping and saving your self means you have enough energy and power within your body and in present time to contribute to the global mission of healing and service to humanity.