

SAYING YES TO THE JOURNEY HOME  
Seattle Unity Talk 2/28/10

Talking today about the Hero's Journey-why so important- template of all journeys, by Joseph Campbell: *Hero of a Thousand Faces*; Power of Myth/Bill Moyers

Markova's poem once more: best explanation of shero/hero's journey by someone who's been on journey over and over, 3 time cancer survivor Dawna Markova:

I will not die an unlived life.  
I will not live in fear  
of falling or catching fire.  
I choose to inhabit my days,  
to allow my living to open me,  
to make me less afraid,  
more accessible;  
to loosen my heart  
until it becomes a wing,  
a torch, a promise.  
I choose to risk my significance,  
to live so that which came to me as seed  
goes to the next as blossom,  
and that which came to me as blossom,  
goes on as fruit.

What is hero's journey? Template for most myths and stories. Stories inform our lives and journeys. "Universe is made, not of atoms, but of stories," poet Muriel Ruykeiser. Hero's journey tells us about the nature of journey itself.

Campbell believed myth, and the template of the Hero's Journey, could serve as personal teacher/guru, providing psychological road map for finding of oneself, and the divine, in complex modern world.

Circle template: 1. Call to Adventure 2. Road of Trials/Receiving the Boon  
3. Returning Home

or: Departure from the known; Initiation; Return

Template for all great stories:

1. Jesus baptized by John Baptist, going to desert before beginning ministry
2. Buddha leaving wife and child, safety of being prince, to “wander” and learn before awakening and teaching others how to wake up
3. All great stories and myths: Prometheus; Odysseus; Inanna; Beauty and Beast; Lord of the Rings; the Wizard of Oz
4. George Lucas student of Campbell’s: Star Wars trilogy his telling of Hero’s Journey
5. Disney’s “The Lion King” screenplay written by student of Campbell’s
6. Other contemporary works influenced: Matrix series; Indiana Jones series; Harry Potter series

Template of all our personal deep journeys as well: Relationship, vocation, illness, big change, trauma, rites of passage and initiations, spiritual journey.

Let’s look at how Hero’s Journey applies to our own lives: quality of the journey directly related to say Yes to invitations of each stage

**1. Call to Adventure:** “Whether small or great, and no matter what the stage or grade of life, the call rings up the curtain, always, on a mystery of transfiguration, a spiritual passage which, when complete, amounts to a dying and a birth...The familiar horizon has been outgrown; the old concepts, ideals, and emotional patterns no longer fit; the time for a passing of a threshold is at hand.” Joseph Campbell

INVITATION: Saying Yes to journey itself : “We must be willing to let go of the life we planned so as to have the life that is waiting for us. ” Campbell

## **2. Road of Trials/Working with Allies/Receiving Boon**

“The cave you fear to enter holds the treasure you seek.” Campbell

- INVITATION: Saying Yes to allies that appear once we **begin** journey- divine and earthly allies
- INVITATION: Saying Yes to facing inner dragons which hold us back from deepest authenticity and connection with Divine, and outer challenges of Road of Trials
  - naming trials helps find meaning in difficulties
  - trials can open up new levels of wisdom, understanding, and healing
- INVITATION: Saying Yes to Boon

- In hero's journey, we often find for first time who we really are, and what genuinely matters to us – coming Home in deepest sense
- Often requires asking Big Questions
  - What is the value and purpose of my own life?
  - Who, and what, is significant in my life?
  - Where is my soul calling me to go?
  - Is the life I'm living the life that wants to live in me?
- Discover new gifts: courage, faith, trust, wisdom

Mary Oliver: "Tell me: what is it you plan to do with your one wild and precious life?" This is what shero/hero's journey really about.

#### **4. Returning Home and sharing the boon**

INVITATION: Saying Yes to sharing our gifts and wisdom at end of journey, when we return "home"

What difference does it make to have this template, and to know it?

Embarking upon Hero/Shero's Journey a huge destiny point in our lives, a catalyst for major transformation:

- break free of old patterns/beliefs/ruts that hold you back
- find new gifts, wisdom, and dreams, and recover old ones-THE BOON
- Say Yes to trusting ourselves, the Divine, and the unfolding of our lives

"Furthermore, we have not even to risk the journey alone; for the heroes of all time have gone before us; the labyrinth is thoroughly known; we have only to follow the thread of the hero-path. And where we had thought to find an abomination, we shall find a god; where we had thought to slay another, we shall slay ourselves; where we had thought to travel outward, we shall come to the center of our own existence; where we had thought to be alone, we shall be with all the world." Joseph Campbell