

The Hero's Journey

The Call: Invites the hero into the adventures offers an opportunity to face the unknown and gain some physical or spiritual value. It may be taken on willingly or forced upon them.

The Threshold: "Jumping off point." The interface between the known and the unknown. Known world = security; unknown = a different, unfamiliar world with dangers and challenges.

Threshold Guardians: People, beings, or situations which block the passage to the journey. Two Functions: 1) Protects hero from journeying before ready. 2) Once ready, steps aside & points the way.

The Helpers: Provide assistance or direction. Often, the help comes as a divine gift or intervention.

The Mentor: (Guide) Keeps the hero focused on the quest, provides stability, and acts as psychological foundation when the danger is the greatest.

The Challenges and Temptations: Can be outward (physical) or inward (psychological); challenges grow more difficult as journey continues; challenges always strike the hero's greatest weaknesses.

The Talisman: A gift given that helps the hero throughout the journey.

The Abyss: The hero's GREATEST challenge; faces it alone; the point when hero must "slay the dragon." It is always something he dreaded or needs to resolve.

The Revelation and Transformation:

- Transformation is complete when the hero conquers the abyss :
 - Fear dies to make way for courage, which is a total change.
- Revelation = a sudden, dramatic change in his thinking/ perspectives

The Atonement: "at-one" with their new self. Acceptance of changes and is RE-BORN. Hero now has harmony with life.

The Return: Hero returns to everyday life, and now must begin attributing new self to society. GLORIFICATION!!

"Roads are for journeys, not destinations." - Buddha