INSTITUTE OF ESOTERIC PSYCHOLOGY

SELF-DISCOVERY FOR WELLNESS

PERSONAL MYTHOLOGY

SDFW VIDEO #8

Introduction to Personal Mythology:

- Definition – when the shoes become too tight, the snake sheds her skin
- Purpose
- Magic of Personal Transformation
- Personal mythology and identity

The Mythic and the Mundane:

- The multi-dimensionality of your life
- Microcosm and macrocosm
- Patterns
- Heroes and villains, friends and foes
- Archetypes

The Hero's Journey:

- Joseph Campbell
- The monomyth
- We each play out the hero's journey
- Campbell, Lucas and *Star Wars*

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Incorporating Journeywork, Dreamwork, and Expressive Arts in Your Mythic Quest:

- Your mythic journey will show up in your dreams
- Use painting, drawing, writing, poetry, masks, drama, music to flesh out and record your story as it unfolds
- Journeying to find spirit allies, protective weapons, guidance from a spirit teacher
    - Guided journey to find your protective weapons

Your Autobiography and Time Line:

- Writing your autobiography
- Your timeline
    - Divide your life into 7-year increments
    - Mark the high points and achievements above the line
    - Mark the low points and traumatic occurrences below the line
        - Address each peak or traumatic experience as a short story

Your Autobiography as a Fairy Tale:

- Choosing your "character"
- Integrating the short stories from your timeline
- How do you represent other characters from your autobiography?
- The fairy tale illuminates some of the primary patterns you manifest
- Guided meditation journey to find a spirit teacher for guidance

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Your Future: What Will You Become Next?

- The final section of your fairy tale is the revelation of what you can be – the you that always has been but has been diverted by life circumstances.
- Envisioning the future, you resonate with clear detail

Transitioning and Integrating Current Mythology with your Future Mythology:

- The journey of becoming
- Envisioning your transition
    - What steps can you take?
    - What are your goals?
    - What is your game plan?
    - What obstacles do you see?
    - What is in your life now that you can build upon for your transformation?
    - What does the new you look like?
    - How do your new shoes feel?

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