

FINDING THE PHOENIX VIDEO #8

PERSONAL MYTHOLOGY/ NARRATING YOUR HEROIC JOURNEY

Introduction to Personal Mythology

Personal mythology is your story as you play out larger patterns throughout your life. It presents a multidimensional view of you – a morphing of the mythic with the mundane, the personal with the transpersonal, the microcosm with the macrocosm. It is your hero's journey as you transform your identity from the "you" as defined by external factors and circumstances to the "You" of what Jung referred to as the individuated self. Maslow called this the self-actualized person. It is the You that has the ability to live your purpose and recognize your own authority to take control of your life experience.

We all have a personal myth, which is referred to as the current prevailing myth. This is the myth that we developed as we matured and which was largely defined by external factors and the expectations and judgments of others. Frequently we feel that something is missing, or that something doesn't fit right and thus causing discomfort. This is the point at which we are called to venture away from the familiar and go in search of our authentic selves – and in doing so we begin to write the mythology of our becoming. After experiencing the trials and tribulations which bedevil all heroes, we grow into our new story which becomes our new prevailing myth. In this process we discover several elements that are crucial to our story:

- Motivation – the skin is too tight and the snake must shed it in order to breathe.
- Purpose – to find the skin that fits comfortably with room to expand.
- Magic of Personal Transformation – Self-Actualization – Individuation: The act of discovering your authentic self, your purpose and passion, and leaving the old restrictive path for the new one.
- Personal mythology and identity – Changing your prevailing myth will result in enhanced identity and thereby elevated self-esteem and a new way of being in the world (*Dasein*).

The Mythic and the Mundane

We live our lives largely restricted by the material world as perceived through the physical senses. Did you ever stop to wonder why the patterns represented in so many stories, legends and mythologies seem to reflect what goes on in our lives on a grander scale. Working with personal mythology enables you to:

- Perceive the multi-dimensionality of your life

- Realize the resonance of your life in both microcosm and macrocosm
- Observe and analyze the presence of patterns in your life and discover how to break free of those that are blocking your progress.
- Acknowledge people in your life as heroes and villains, friends and foes.
- View your life from a mythological perspective.
- Recognize the archetypal figures that appear in your life as well as their actions and influences.

The Hero's Journey

- Joseph Campbell (1904 – 1987) was an American mythologist who authored the book about the hero's journey that we all take entitled *The Hero with a Thousand Faces*.
- The monomyth is Campbell's term for the hero's journey that is repeated cross-culturally and in all mythologies over time.
- We each play out the hero's journey when we seek our individuated and authentic selves.
- Campbell was mentor to George Lucas and worked closely with Lucas during the inception of the original *Star Wars* film. Luke Skywalker's story is an enactment of the hero's journey.

Incorporating Dream Work, Expressive Arts and Neo-shamanic Journey Technique in your Own Hero's Journey

- 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
 - Seek your spirit helpers to determine what you need to know, the meaning of various events, people and phenomena. Ask them to show you where to go on your path and how to overcome obstacles.

Your Autobiography and Time Line

- Write your autobiography as it happened.
- Your timeline

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

Write 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

Write Your Future Story. 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 have been diverted by life circumstances.
- Envisioning the future you resonate with clear detail

Transitioning and Integrating Your Outgrown Dominant Mythology With Your New Dominant Mythology

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

- o How does your new skin feel?

Recommended Readings:

Campbell, J. (1949). *The hero with a thousand faces*. Princeton, NJ: Princeton University Press.

Eliade, M. (1954). *The myth of the eternal return or cosmos and history*. Princeton, NJ: Princeton University Press.

Feinstein, CD., & Krippner, S. (2006). *Your mythic path: Discovering the guiding stories of your past – creating a vision for your future*. Ashland, OR: Innersource.

Shinoda-Bolen, J. (1984). *Goddesses in every woman*. New York, NY: Harper & Row.

Shinoda-Bolen, J. (2009). *Gods in every man*. New York, NY: HarperCollins.

DVD/Blu-ray

Joseph Campbell and the Power of Myth with Bill Moyers and George Lucas (2018)

Star Wars: A New Hope (2018).