



HOW TO NAVIGATE YOUR OWN JOURNEY - THE MAP

Hero's Journey schema is from Joseph Campbell's *The Hero with a Thousand Faces* (New World Library) copyright © 2008 by the Joseph Campbell Foundation (jcf.org)

THE ORDINARY WORLD

Here's where everything begins. The Hero is unsatisfied with current conditions. Something has to change. But how?

DEPARTURE

THE CALL TO ADVENTURE

This is the point when the Hero is informed that their life is going to change, willing or not.

REFUSAL OF THE CALL

The Hero might at first refuse to heed the call, because of fear, insecurity, inadequacy, or existing obligations.

THE BELLY OF THE WHALE

The Hero enters a dark place of introspection, disappearing from the previous world, ready for a metamorphosis.

CROSSING THE FIRST THRESHOLD

The Hero leaves what is known behind and ventures into the mystery of the unknown.

SUPERNATURAL AID

When the Hero commits to the Journey, material or spiritual helpers come to aid.

INITIATION

THE ROAD OF TRIALS

The Hero undergoes tests, tasks, and ordeals, to begin the transformation, sometimes failing one or more of them.

ATONEMENT WITH THE FATHER

The Hero confronts what holds the ultimate power in their life. The person they have been so far might "die" so that a new Self may come to life.

APOTHEOSIS

The Hero goes beyond the opposites and reaches a divine state of love, compassion, bliss, and knowledge.

MEETING THE GODDESS

The Hero experiences unconditional love, the union of opposites, and starts seeing him/herself in a non-dualistic way.

THE TEMPTRESS

The Hero may be tempted to abandon the quest, but finally gets back on track and feels repulsion for material temptations.

THE ULTIMATE BOON

The Journey so far has prepared and purified the Hero in a way that a precious - transcendent - achievement can now be seized.

RETURN

RESCUE FROM WITHOUT

The Hero may need external help to get back to everyday life, especially if wounded or weakened by the quest.

THE MAGIC FLIGHT

Sometimes the Hero has to rush away with the treasure if that's been taken away from someone.

REFUSAL OF THE RETURN

The Hero might linger in that beautiful place and refuse to come out of it.

CROSSING THE RETURN THRESHOLD

The Hero gets ready to integrate the gained wisdom into common life and share it with the world.

MASTER OF THE TWO WORLDS

The Hero achieves balance between material and spiritual, outer and inner world.

FREEDOM TO LIVE

The Mastery of the Journey leads to freedom from the fear of death, which is the freedom to live in a blissful present. This is the Hero's new Ordinary World.

...back to the Ordinary World, where you'll "bring into fulfillment your gift to the world, which is yourself." (Joseph Campbell, *Pathways to Bliss*, New World Library, copyright © 2004 by the Joseph Campbell Foundation (jcf.org))

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