



A letter from Ariel and your Deepening Practices for Week 6:

Dear Hero/ines..

What a joy to share the space of the mythic adventure with you this night! May we all look at our daily lives in a more mythical way and step into the joy of our mythic adventure NOW in this life!

Again, I encourage you to find a copy of the movie "The Never Ending Story" to watch this week as a great example of the structure of myth and how to see one's self as the mythic hero/ine of your own myth! It is genuinely illuminating of what a "myth" is. If you want a list of mythic movies go to my website: www.holographicgoddess.com under the holographic blog section, second entry and you will see the mythic movie list that I have compiled over the years to avoid that entering the "Wasteland feeling" at the video store!

I also encourage you, if you are interested in Divine Feminine archetypes to get the 13 Moon Oracle or Finding Guidance Within, or if your interest is the Mayan archetypes, to get The Mayan Oracle from my website.

If you are interested in knowing about future work that I am doing or wish to do more archetypal mentoring in one to one sessions or simply wish to be on my mailing list, please email me on my website: www.holographicgoddess.com

Practices for the week of Module 6

Following are the questions and Practices for deepening with self and other alchemists! Enjoy the alchemical process this week and always!

Practices for Living a Mythic Life:

Practice: Do an Inventory with The Hero/ines Check List

Take a time of deep contemplation, to go through the Hero/ine's check list (which you can find on your course homepage) to see which aspects of the Hero/ine you are presently embodying and where you are still growing into a particular aspect of the Hero/ine. Consider making some new choices around integrating at least one new aspect.

Practice Re-scripting Your Myth: Making a new myth out of the old story.

Take the elements of the old myth that have kept you trapped in the limitation of roles in ego mind and re-write the “infra-structure” (the outline) that will transform that script into the new myth of your mythic life, making use of the old story materials to create the new more mythic, archetypal out-picturing of your life story. Or throw out all the old “materials” and re-script a totally new mythic story of your life. (This is definitely an heroic act.)(Either way you do it, this is a longer meditation, but well worth the invested time, when you are ready to do it.)

Practice Exploring your Creative Potential:

Explore your creative potential, by inquiring about how your creativity reveals the gifts and innate powers you came as a soul into this life to further develop and share.

Practice Monitoring for Your Need for Outside Validation:

Monitor yourself this week looking through the lens of recognizing any need you may still have for outside confirmation or validation from the outside world, such that you can fully work with what arises to clear it, to step fully on to the mythic path.

Practice Finding Your Impetus to Joy

Take the time this week to discover the answer to the following: “What is my true impetus to joy? What is it that makes me excited to get up and get going to engage with that joy?”

Practice Identifying Mythic Energy Leaks AND your Mythic Tools, Powers and Gifts.

Do a deeper investigation of both the energy leaks that you isolated in the exercise we did in this session, and also what you can apply the freed up energy you discovered in the clearing of these past choices, to identifying what your soul’s mythic tools, powers, gifts are in this lifetime.

Practice: How is your mythic path unique to just you?

Put into words or expression of some kind, how your mythic path is uniquely just yours!

Questions to Deepen with the Mythic Life:

As I have established week by week, if you can entertain the possibility that your life is a holographic movie, consider asking yourself in view of that, “Whose movie is it anyway? and more importantly, “Am I actually the director of my personal movie? If not, who or what is?” Deeply consider this important question in consciousness.

Let’s imagine for a moment, the dream of your life, actually becoming the life you are living. What would it take, what would have to change to make this leap? Really inquire deeply in mediation with this question.

Tell yourself the “reasons” for the story you have “made up” so that you don’t have to take full responsibility for stepping up to enter the Mythic Life you were born to live.

Honestly take time to consider, "If success or failure of this planet and of human beings depended on how I am and what I do, how would I be? What would I do?" Buckminster Fuller

Are you living from authentic Essence rather than blindly accepting cultural roles and expectations in this one size fits all culture? Express how you are doing that or moving toward it.

As a soul, if you were a tree, what growth ring, what growth edge is calling you to explore it?

Concretely how could you more tangibly demonstrate your trust of the process of your surrender to the Divine Self and how life unfolds from that one choice.

Are you actually ***inhabiting*** your life? Or are you just mechanically going through the motions? Really be willing to fess up to the self about this and then consider what new choices you would need to make to actually be inhabiting your life.

Given that recognizing that the last obstacle to fully entering the mythic journey in life is the need for outside confirmation or validation, have you crossed that mythic threshold? What would need to happen in your life for you to actually cross that mythic threshold?