

Feminine Alchemy™

Activating the Heroine's Journey in Your Life (Sep 11)

[0:00:00]

Lindsay: Hello, everybody, and welcome to this sixth session of Feminine Alchemy: Raising Your Frequency with Divine Feminine Practices. This is your host, Lindsay King. Tonight, our class is called Activating the Heroine's Journey in Your Life.

So just our usual reminders, if you're on Maestro and you have a technical question, just press 5 on your phone keypad and somebody will come over and help you. Those on the webcast, you can just type your questions into that chat box and somebody will reply to you. Be sure to provide your email address so we can email the reply back to you.

So Ariel, the time is yours.

Ariel: Thank you, Lindsay, for being our holodeck driver, such an adroit driver you are. All right. So let's just begin as we always do by dropping into our bellies and looking at our agreements as we do through the breath of staying present in the present moment and empty.

Closing the door if you're in a situation where you're going to be disturbed, to really drop out of our ordinary perceptual awareness for this little precious drop jewel of time to be willing to let go of your ordinary concerns and to put your cell phones out of your reach and text and all that, that we normally do to keep ourselves out of the present moment. Let's just allow ourselves to have this moment in full presence, breathing deeply into the belly.

As we do to find the place of stillness and silence in the womb of silence within, to use the breath to breathe out, to empty your day, whatever has occurred up until now, and to breathe in light and energy in the journey, the willingness to enter into the mythic heroine crust through following what occurs, what comes out of emptiness.

So we begin really feeling if there's any place in the body that's held tightly, coiled up. Bring the depths of your breath on the out-

breath to just breathe it out. Let your shoulders go. Let everything relax. And beginning to take the alchemy that we have created by lighting your candle in the center of the temple either etherically or physically, lighting it in your heart temple, bringing awareness to that central blaze or flame that you can work with in the alchemy of this day using that flame for your alchemical purposes.

So sounding that flame with your breath right now, with your presence, with your love, really feeling the fire and allowing for that flame to be whatever color really served you today to allow it to emerge or coalesce in whatever color it's become. When it has a very strong coloration of the frequency that you wish to use today, I ask you to send a ray of that color from your heart temple and out your left arm, really feeling the frequency moving out of your own heart temple and into the circle of the one that we are as an alchemical circle.

Opening your palm and feeling that energy going from your heart of whatever color you have generated, feeling it going out as a pulsation of light. It can be with sound as well, pulsing out your left hand, and imagining that your hand is creating a circle of light that includes all the beings who are on this call who will listen to this transmission, who will be a part of our alchemical circle.

[0:05:16]

Embracing and holding in this container of light, each being, and love, in this space, in this cauldron, in this chalice together. And coming around as if this will go all the way around the Earth to encompass beings wherever they are, being specific to this circle and also including all beings. Allow that circuit to come all the way into your right hand. And as you sit, allow that conjoined frequency of our unified field of consciousness to enter into your right hand, and coming up your right arm and into your heart temple in the unified field of consciousness that we hold as now a chemical cauldron.

Feel the energy of that in your body in a palpable, visceral way. Feel your hand. Really bring your full attention to your hand, and to the feeling of that energetic going all the way around the circle, using your heart as the connecting point that's going all the way around, knowing that it is this empty cauldron that affects the collective mind field of Earth, that this truly is a container that can hold us all

and serve us in our transmutation as we know how frequency operates in the quantum realm beyond time and space, and the holographic realms beyond time and space.

So we hold this beautiful alchemical container now, and breathe into it. Evoke our witness to be here in our heart temple in this container, allowing that to come in whatever form it wishes to this day, your observer, your witness, your essential self, whatever modality you want to call that part itself. That is the most expanded part of self that you can access.

Call that part to be here to witness the transmutation of anything that is lesser than the vibration of love in your being, that all things are possible in this container, in that field, and calling through your witness to be here for that witnessing view. As we set off this day in our heroine journey, you begin to really see how it is that our daily life, not the movies we go to see but our daily life, can become mythical adventures in consciousness.

Taking a moment just to breathe and deepen again into the womb of silence to just hold the field for a moment, tenderly in the consciousness, knowing that your empty presence in this field is more than enough to allow for transmutation to be occurring beyond what the mind can ever comprehend.

Considering yourself entering into the realm of quantum physics where we have learned that human beings can be looked at as holograms whose brain are interpreting a holographic universe. In view of that, I want you to genuinely ask yourself, "Whose movie is this anyway?" Ask yourself. In this holographic production of human life, I want you to ask, "Whose movie is this anyway?" And more importantly still, "Am I the director of my personal movie? Am I inadvertently a part of an invisible matrix movie which limits my freedom of expression as the creative director of my own movie?"

[0:10:32]

To live life mythically, we must first ask what actually distinguishes our ordinary everyday ego life from a life lived mythically. Buckminster Fuller said it so eloquently. "If success or failure of this planet, and of the human beings on it, depended on how I am and what I do, how would I be? What would I do?"

Notice I did not just say "What would I do?" This is not a call to have to get out and do, do, do. This is a call in myth. It said first, "How would I be? What would I do?" Because how we are in our beingness, the emanation of our frequency impacts the collective field at every bit as much as our doingness does. In the western model in our collective reality, that is not even a consideration. Everything is measured by what you do.

In the feminine, that is not so. In quantum physics, that is not so. It is recognized that the being part of that equation is every bit as important in the creation as the doingness. And so we honor that in this moment that as we create our life to be more mythic, consider it to be a beingness, every bit as much as the doingness.

So how do we enter this bigger story of the mythic life that Buckminster Fuller speaks of here? Everybody is pretty familiar with the small story of the ego mind with its endless webs of emotional entanglements and dramas, specializing in the loopy loops of the endlessly repetitive cycling of patterns, salaciously preoccupied with the recapitulation of the known. That is what divines the small story. How many times have you heard yourself tell that story? How many times have you reinforced who you think you are as an identified ego by telling that story? By getting engaged in that drama yet again?

In the small story, there is a focus on the playing out of the ego's small self archetypes and how you're defined and limited, and what you compromise and what you deny and what you resist and more importantly, what you still emotionally react to in the hall of mirrors curriculum on earth.

Today, we will really be looking at this with a depth microscope because until we can really see what we are doing in the small story version of reality, we can't really enter in to the larger reality. A choice to live life in the big story requires that you are in fact a mythic juggler, consciously dealing with the small story curriculum of 3D reality while keeping your focus of awareness on embodying the archetypal gift and talents that you came in to contribute in the big story in the first place.

You see the difference. Yes of course we have to deal with small story curriculum, otherwise, we wouldn't have a place to live or a car to drive or whatever, but the focus of our awareness is not

there. That is not the focus. I can tell you it certainly isn't in my life, and watching the life unfold and the synchronicities that happen in my life is the focus of my awareness. The focus of my awareness is on the principle of evolution of my consciousness and what I've determined about what that is. That means I have my focus outside of everyday small story reality.

[0:15:19]

In fact, myths can be defined as the larger than life archetypal patterns of awareness that we came as soul encoded to dance with and evolve through. As we have spoken, archetypes are the structures through which the mythic dimensions of self play themselves out. Archetypes such as The Fool, The Great Mother, The Muse, The Priestess, The Empress, The Wise Woman, have existed in many cultures at many times because they arise out of a collective dream field.

One of the primary functions archetypes serve is to assist us in looking at our lives from a much, much larger and more mythic spiritually expansive perspective than our ordinary day-to-day ego halve of the self. Inversely, all cultures, there are about 20 to 23 mythic archetypal containers of divine consciousness. These archetypal containers when looked at as a whole provide a patterning of consciousness, a blueprint for spiritual evolution.

These archetypes can be seen in many systems, such as the tarot, the Mayan archetypes, astrology archetypes, in many different cultural forms and expression. These archetypal containers rise up from the collective unconscious in a multiplicity of cultural masks, especially in the dream life. That is where archetypes become very much more obvious than in our daily life, making their presence known and felt as reminders that we are so much more than we seem in daily life. That life can be lived mythically.

According to Joseph Campbell, a great mythographer, myth can be looked at as a transitional, metaphorical construct, leading to more and more expansive and unified spiritual truth. Myth far from being a falsehood as myth is commonly culturally defined is availed explanation of the truth. Joseph Campbell calls it the secret opening through which the inexhaustible energies of the universe pour into cultural manifestation.

Jose Arguelles has an even more abstract but amazingly clear definition of myth. If you meditate about it, you'll see what I mean. At first glance, it's more difficult to understand. It requires meditation. Myth equals DNA times light. Myth equals DNA times light. In short, myths provide a blueprint, much like the DNA, of how to navigate spiritual reality, how to evolve into a more expanded and awake and conscious being.

Have you bought the cultural idea that the quest of the heroine is for the heroes and movies out there? "Really, nothing could be further from the truth," you might say to yourself. When I finish school or I change job or I finish this project or if I didn't have children, or if I didn't have to work, then I'd have time for stepping into a more mythic expression of myself, but the truth is that the spiritual mythic quest can be found in daily life.

When you shift your perspective and perception from out there to looking at a trip to a 3D reality store or whatever but something in 3D reality as a potential mythic moment, well, then you've got a whole new game, and you're watching reality from the level of, "Oh, I remember I saw that symbol in a dream last night," and "Oh, there is somebody wearing it on their sweater," and "Oh, I'm going to go up and talk to them because this is just too bizarre." And sure enough, you go say, "Excuse me, I know this is really peculiar but I have to tell you, do you know what that symbol is on your sweater?"

[0:20:29]

"Well, I have had some of the most remarkable experiences in my life from clue tracking," mythically speaking like that. Watching an uber level of awareness, how the dot to dot reality that myth is trying to paint for us is laid out for us, like a crumb trail.

It's phenomenal and exciting to live life in that particular focus of awareness and that perceptual reality of the grandness of the design that we have set out for ourselves in this life to live through to soul scripted reality that we've set for ourselves as a game, really, in consciousness to evolve our consciousness through joy and through seeing how things are holographically linked rather than how they're different and separate, to see what the holographic connection is in every given setting. Then life becomes truly mythic and truly divinely inspiring.

I want to go into the heroine's journey checklist with you, because as I was having the opportunity to put this curriculum together over this last bit of time, I really began to fair it out of all of the information that I had written and read about and everything about the heroine's quest that there were certain qualities that really describe the hero and the heroine much more so than others.

It's a pretty clear definition. It's laid out incredibly beautifully by Joseph Campbell in the book *The Hero with a Thousand Faces*. It is very male directed, although Joseph Campbell himself is very balanced in that regard, but it's in a more arcane language. This is, I think, as streamlined as it possibly can be, so I want you to, again, put on your crystal decoder helmets, as you know to do when you want to listen with your belly and your heart with uber, uber attention.

When you hear one of these qualities that you can say "Yes, I'm that. I hold that quality of the heroine," just make note of it and I will be sending these afterward in your notes tomorrow morning so you'll be able to really go through this with a fine-tooth comb. So don't try and lean your eyes. Just listen and just in your mind, make a check mark saying, "Yes, I really fully step into that aspect of the heroine." And then note if you're not, and say, "A little work maybe there but these I'm really tied with."

So let's look at this and see which ones you strongly carry and which ones you could use more attention to step fully into the mythic life.

The heroine knows, and I'm going to say she/he so that we have -- everyone understands hero/ine is both male and female when I speak it. The heroine knows that she/he is the one who makes a pivotal difference in the cosmic play on earth. If you ever saw *The Neverending Story*, the main character, Bastian, was in denial practically the whole movie in discovering that single mythic principle through really back to the last five or ten minutes of the whole movie finally figured it out. He made a difference to the outcome of what was unfolding and he could not in his ego accept until the very end that he in fact was the one that was making a pivotal difference in the play.

So this is the first point because it is incredibly important for us to recognize that we make a great difference and we make no

difference. It's a paradox. What we have to recognize is that if we're to step into myth, we live our life as if our life stream makes a difference, as if it affects the outcome of the play because it does.

I've had enough experience in life being such an old crone to know that -- and have complete witness that the alchemical work that is done, and that I have done over my life, has a direct impact on the Noosphere of the collective.

[0:25:11]

The way that I track that is by doing a particular piece of work and watching the crop circles that show up. Now that's the galactic news. As far as I'm concerned, why bother with the paper? It doesn't have anything in the newspaper that I'm interested in. I'm interested in the larger patterns that are unfolding in the galactic news, and so I read the crop circles. I become really adept in geometry due to that fact of trying to be able to decipher those symbols, clearly, because I know that as a heroine, my life stream makes a difference.

For example, we did a ceremony that involved the chalice. We did the grail myth sequence at one time recently, and sure enough within -- I don't know how long because I don't live in time but in a very short time after a week or two afterward, sure enough, there was an absolutely perfect chalice in a crop field in Silbury Hill, England, which was a pretty funny thing considering my name is Spilsbury.

Anyway, there is concrete proof that our life stream makes a difference to the whole. In this case, I've been watching it for a long, long time and each of you will begin to look at your life stream and say, "Wow, I can make such a difference just my beingness, just my energy, just my loving presence make such a difference." So that's check number one. Are you recognizing that you are the one who makes a pivotal difference in the cosmic play on earth?

The second one is the heroine knows that she/he is always at choice no matter what the appearance of the circumstance is. This means fully stepping out of any victim consciousness that thinks life is happening to her rather than taking responsibility for creating the life she chooses.

So look at the second one and see if in truth you can recognize that you are at choice no matter what appearances and circumstances show up in your life even if that's just to choose how you view a certain thing, how you perceive a certain thing happening to you, and taking yourself out of the position that you're a victim. That is number two, and that is the critical position for stepping into the heroine's journey, to step out of victimhood and into knowing that you are at choice.

The heroine lives from authentic essence rather than blindly accepting cultural roles and expectations. Now, that sounds really simple, doesn't it? Living from your authentic essence rather than taking on cultural roles and expectations, but think about the last time that you really changed your behavior based on what other people are going to think about you.

The heroine in this piece understands that each spiritual path is unique and that one of the first initiations in stepping on to the mythic path is to give up focusing on what others think about you and trying to fit in to a one size fits all culture without even questioning the truth of its value. That's number three and that's a biggie.

Quitting thinking about what other people think about us and trying to fit in. Now, imagine me in Utah at early 20s flying down the street in my purple cape. Imagine that for a minute. Was I trying to fit in? No. Absolutely not. In fact, the people who would come up to me and say, "Wow, I really love your purple cape." Those were the people I'd have lunch with. The others who are laughing and pointing at me, well, you can see, I don't care. That's what you need to cultivate.

When you get to be a crone, you really don't care at all. At that point in time, even then, I was just, like, "Oh, forget it," and "I don't care what people think about it." That is really the first entry point entering the mythic path. Where are you on that journey?

The heroine has superhuman powers because she/he has clarity of focus and laser-like intent. That means that she has the power of the universe behind her because she chooses to live in alignment with the truth of universal principles that are discovered along the way on her path.

[0:30:19]

So, amazing things happen. In my life, a totally astounding thing happen because I have chosen to have strong clarity of focus and laser-like intent in my life, and because of that, my choice has been consistently to live in alignment with universal principle and consequently, you have the whole of the universe pushing at your back saying, "Yes, yes, yes, go for it." So it seems like nothing stands in the way because you have such a clear focus and you are supported by the universe in your choices, if you do.

The heroine comes to know her gifts, tools, and powers, and utilizes them to recognize and work with her life challenges and growth engendering, soul scripted circumstances. That is to say to exploring your creative potential that reveals the gifts and innate powers that you came as a soul into this life to develop further in consciousness.

So we bring in particular gifts, and whether it's singing or writing or dancing or whatever, we bring in gifts and tools in order to develop those gifts and also to work with the life challenges we're presented with, the things that are truly growth engendering and soul scripted in our circumstances in life, the things that maybe we find extremely difficult are brought to much more accessible completion and ways to deal with them are found because we choose to work with our creative potential. So where are you on that journey developing your tools and gifts that you came in this lifetime to develop?

The heroine lives daily life as a myth by recognizing that everything is connected by pattern and symbol, and thus, by meaning. To live mythically is to perceive the larger pattern operating in any circumstance. This awareness is a primary lens and reveals the code by which she chooses to live mythically.

Now, we've talked about this in a lot of different context from holograms to fractals to synchronicity really looking at how we start paying attention to the larger pattern and it's showing us how things are connected by meaning and where pattern and symbol bring us to a place of, "Oh, I get it. I see what's going on here." And it happens to really becoming acutely aware of symbols and

pattern, larger pattern awareness, and how they are connecting you to the larger pattern of your mythic existence.

You're not paying attention to the ego mind level that is distracting you away from that. You're paying attention. You're ferreting out the things that are affecting your mythic expression rather than your personality expressions. Where are you on that continuum?

The heroine lives on her growth edge, always deeply enjoying her focus in the present moment, while paradoxically perceiving the horizon simultaneously and without striving. The heroine knows that all time is actually radial and simultaneous, and so apprehends the creative opportunity and consciousness that this single awareness provides.

Now this is a little harder to grok, but to understand that we are both fully invested and focused in the present moment and being in empty presence with life, and aware of our growth edge, the horizon simultaneously, what is calling you to work with it without striving though? The key is in the mythic life, there is no "I got to do it. I got to do it. I got to do it. I got to strive. I got to grasp. I got to go for it." No, that's the way it's depicted in 3D reality, but no, that is not living life mythically.

[0:35:24]

To live life mythically is to know what your growth edge is but not be striving toward it, not be trying to fix yourself. It's a whole different feeling. It's like allowing your growth edge to lead you to the life experiences that you need in order to grow. It's not striving toward anything.

So the mythic heroine knows that there's no striving in her journey. No. It's being aware that your growth edge will call you. If you're aware of it, it will call you toward the next life experience that you need in order to illuminate your consciousness. Where are you on that continuum of being aware of your growth edge, and fully present?

The heroine holds the paradox of trusting the process of life unfolding without, again as I said, grasping with the mind while living in the effortless joy that comes from doing what you love without striving. There's that word again. The heroine holds the

paradox of trusting the process of life unfolding without grasping with the mind while living in the effortless joy that comes from doing what you love without striving.

This means that the heroine has stepped into the void of surrender to the divine self, and so operates from the choiceless awareness that follows for making that one decision. That is to say really in the myth of your highest expression, you have surrendered to your divine self. In making that one choice to fully surrender to the divine self within, you begin operating out of a place of choiceless awareness, and that is a very difficult concept to get for Westerner in particular, but it all flows out of the choice to surrender.

Then your soul orchestrates the choices in ways that are so miraculous and so unthinkable to the conscious mind that you would never want to go back and unsurrender yourself, but until you've done that then you would not know what that means. So in this part, I want you to look at where you are on the continuum of surrendering to the divine self so that your life can flow from effortless joy and choiceless awareness.

The heroine understands the nature of synchronicity and thus, practices heightened awareness to track her mythic unfoldment on the heroine's quest of daily life. She embraces a "Yes, and..." reality that includes, cooperates, synergizes, and finds way to support, uplift, and ally with other journeyers on the path of awakening.

In the Western model of dog-eat-dog competition and hierarchy and all the things that are extant in our culture at large right now, the heroine really represents a new model, a model of "Yes, and..." That includes and cooperates and synergizes, and really does find ways to ally and support with other allies and say, "Yes. How can I support your journey while I'm supporting mine?" "Yes, and..." "Yes, and..." And finding ways to hold everyone in such a way that there is a higher good that is served for the whole, and the one. And you use synchronicity to really track that mythic unfoldment, but the "Yes, and..." choice is what allows for the synchronicities to become more apparent.

As you practice the "Yes, and..." reality with really supporting other beings and cooperating, synergizing, you'll find that your life will become much more synchronized and you'll just magically find that

synchronicities start occurring much more regularly. Where are you on that continuum?

The heroine is self-empowered and sovereign, recognizing that the last obstacle to fully entering the mythic journey in life is the need for outside confirmation or validation. Really hear me say this. The last obstacle to fully entering the mythic journey of your life is the need for outside confirmation or validation.

[0:40:23]

Recognizing yourself as a totally unique center through which consciousness is continuously threading itself, you are thus a self-organizing, self-sustaining, and self-empowered co-creator of your personal world and the collective dream field. Really understand that as you really give up the need for anyone to confirm or validate your journey, they'll say, "That is the craziest idea I ever heard." Why are you doing such a stupid thing when you can go on and do your mythic quest, whatever it is that you feel impelled from the inside out and joyful about in spite of people saying things like that to you, then you're free. You're really free.

So check it out when you really pay attention to other people and their opinions, especially about your choices around your mythic life. Really consider that. It's one of the practices we'll be working on this week to strongly move through that. Where are you on that continuum of being able to truly move in your life without outside validation and confirmation?

The heroine recognizes and tracks in the body where her fixed beliefs and calcified judgments may still be unconsciously limiting her reality and free expression to their source. She tracks them to their source in fear and makes a conscious choice to clear and transmute those fixed beliefs and judgments that no longer serve her illumination and awakening.

This is really critical. The heroine is embodied. The heroine is not some airy-fairy drifting off into transcendent model. The heroine is embodied wisdom. It is an imminence that it is the feminine imminence in the heroine's journey that in her body, she can feel where she's holding fixed beliefs. Her body's stiff and tight and unmoving, and where she's holding calcified judgments that are limiting her. She pays attention to that and so does whatever she

needs to with her physical body to release those things and she chooses to live in the freedom of the unfolding truth of the moment rather than in the entrapment of past beliefs and unexamined static value.

So true sovereignty has to do with living in the freedom of the unfolding truth of the moment, and belief systems and beliefs are playpens that we deal with until we can function in full sovereignty, when we can function here truly in a place of sovereignty and self-empowered choice. That isn't to say that some people on the path as they grow through this, all of us go through phases of our existence where we hold certain beliefs in order to create a safe container for us to grow in. So there's nothing wrong with that. That's okay.

But as you move further and further down the trail of a mythic life, you have fewer and fewer beliefs. Trust me, I can say, "I don't believe in anything. I'm present here in this present moment to fully receive life as it is. I don't need a belief to do that." So really be aware of where you are on the unfolding journey of the truth in the moment and the willing, really willing, to look at your belief systems and how they maybe really limiting your choice for a mythic life.

Okay. Thanks for hanging with me on that. I want to go into a more direct experience now of holding this possibility right now with doing an exercise with you looking at these things with more depth in a more linear way. And so I want you to get your piece of paper and pencil that you were instructed to get to begin our journey today and have it out where you can work with it, a large piece, at least a type size piece so you'll be able to work with this. And I'll be just informing you about how we're doing this. If you don't have it right now, you can grab a piece of paper.

[0:45:12]

So how do you tell what heroine archetypes you are working with in this lifetime? The simplest way to make this investigation is to notice what heroes or heroines or mythic movie or book heroes or characters you're most attracted to and those that you're most repelled by. Now, is that Einstein? Is it Lily Tomlin? Is it Helen Keller? Is it Mother Teresa? Is it yoga? Is it Jimi Hendrix? I mean, really tell yourself. Write down.

I'm going to give each of these all go at a medium speed here. It's because I know some people move really fast and go ho-hum for two minutes, and some of you need lots more time. So you'll have to do this on your own afterward, but let's get the categories at least.

So the category on this is just to write down two to three mythic characters, from movies or books, that you are very attracted to. Just look at that and I'll be quiet so you can focus and really to look at that. Movies or books. Then if you get done with that, to look at two characters that you're repelled by in movies or books.

You'll notice that up until recently, there weren't many feminine heroines. It was all heroes that were going off on their crest and then -- unless you were Joan of Arc or Florence Nightingale. I mean when I was growing up, it was like "Where are the role models here on this planet? What women am I to look up to here?" So there weren't many.

If you came up with some characters here from movies or books that were really juicy and full of life and really living their mythic life, good for you. So we'll share at the end here so you can say what ones you came up with. So a couple of mythic characters that you are attracted to and a couple that you're repelled by knowing that we're mostly defined by what attracts and repels us, attractions, aversions. So, that's worth really looking at, both sides of that.

As you deepen with this practice of looking at mythic archetypes, also look at the 13 Moon Divine Feminine archetypes, tarot archetypes, or Galactic Mayan archetypes, and see which ones reflect who you feel is your authentic essence self. Notice which ones you're most attracted to and which ones you're most repelled by. Again, we can learn a tremendous amount about ourselves and how we limit ourselves by the things we project outwardly as attraction and that we judge as repulsion. We can begin to really start taking those things back into ourselves and transmuting them.

But today, for our purposes today, we won't be looking at those 13 Moon Divine Feminine Archetypes because not all of you have decks yet, but when you can, please do that. The Mayan archetypes

are the same. Those are post-terrestrial archetypes. The Mayan archetypes are non-terrestrial archetypes. They're all androgynous. They're not even male or female. They're androgynous archetypes. So those of you who would like more of that and looking through archetypal lenses, check out the Mayan archetypes to see what your essence self is most reflected in.

Then finally, I want you to remember. Just go on a journey through memory lane here for a moment. What gave you the most joy as a child before you were inculturated or entrained or programmed to want what the culture and your parents wanted for you? Take a moment and ask what really, like, three, four, five years old, what just juiced me up and gave me the greatest joy? I'll be quiet so you can feel into that.

That's a critical one, and a very important one to give a long run-through if you didn't get through it right now, but to write down, really to ask yourself that.

[0:50:05]

Then I want you to write the word "gift," and leave some space. "Powers," leave some space. "Tool," leave some space. And "life challenges," and leave some space. So let's look first. What are my primary gifts in this lifetime? Just be quick and don't labor through this or say, "I don't have any." Really, what you love doing. What are your gifts? Maybe baking bread. It might be gardening. Don't think. It's just this creative gift. What are my primary gifts in this lifetime?

I'll give a minute to each one of these. Just write down as fast as you can without thinking about it, what your gifts are.

Secondly, what are the powers I came into this lifetime to work with? That's a more abstract one, but notice where you seem really able to use your energy in a very focused way. Those are your powers. How do I use my energy? When I focus my energy like a laser beam, those are my powers. So how or in what way do you really focus your energy?

Now let's look at what tools did I bring in to work with in this lifetime. What tools did I bring to work in this lifetime? That might be that we're already adept at playing the guitar and you just picked it up and could do it or painting or not necessarily creative,

all creative things either. You could be really good at carpentry and you just were like a total shoo-in for things, an athlete that just could do it instantly. What were the tools that you brought to work with in this lifetime?

Finally, what life challenges did I script to learn as a soul? What life challenges did I script in my lifetime to really illuminate myself as a soul? Things hard, life lessons, challenges that -- I mean, really ones that stand out, like, "Whoa, that was something I -- it was not in the flow of my life that was a life challenge that I grew from as a soul tremendously." It could be a car accident. It could be the loss of a loved one, but what life challenges did I script in this lifetime as a soul?

Okay. This one's a little tough on. This inquiry is to look at what small story, shadow archetypes, you're mostly unconsciously still playing out? To determine this, be willing to honestly ask, and I mean without defensiveness, "What do other people consistently accuse me of or point out to me or apparently criticize in my personality?" Really be honest with yourself. No one's going to read your paper so you can tell yourself the truth.

What are the things that people say? "You are so critical." You are so..." whatever, point their finger and say to you. What are those things? Just write them down. Are you playing out your complainer archetype or the rebel or the always nurturing mother figure or the dutiful wife figure? Which of these small story shadow archetypes are you playing out? Just write down two or three of the things that you're -- you can know mostly by what you're accused of by other people that you're not seeing because that's unconscious.

[0:55:20]

Okay. Now, on the other side of your paper, make a large square, leave room on it, like a square but leave room to write on the outside of it so it's like a medium sized square on a big, blank paper. On one side of the square, write the word "denying," D-E-N-Y-I-N-G, denying. Then turn your paper around on the other side of the square, write "resisting, avoiding." Then turn your paper around and on the other side of the square, write "compromising." On the other side of the square, on the fourth side, "strongly judging." Then in the center, write the word "controlling."

Now circle those so that they're obviously the center of the constellation and around those words, I want you, without thought, just as fast as you can to write what you are denying, what you are resisting, what you are compromising, what you are strongly judging, and what you are trying to control in the center. So do that now and just write it as quickly as possible. I'll give you two or three minutes to do it.

Obviously, you're going to go back and flesh this out more where you have the overview of what we're after here. If you really look at each of your responses to this inquiry with full thoughtfulness through the lens of each of this being major power leaks to the mythic life, consider strongly, inquire about how energy is leaked off in these particular ways leaving you seemingly unable to break out of old patterns or have the time or energy to pursue the mythic path of your soul's mythic expression.

When you have time to really meditate about the answers to all these inquiries as a heroine, consider making new choices that support your taking back your power from these energy leaks, just considering anything that you are strongly denying, resisting, avoiding, compromising, judging, or trying to control. Those are major power leaks, folks.

If you want energy to pursue a mythic life, you have to take your power back from those kinds of choices and it's a major, major quest in life. This is not like -- these are something you'll do this week. This is like an overview pattern of how to live a mythic life by taking your power back from these patterns that usurp your power and drain your energy.

So finally, and then we will take a break here for us to respond to the first part of this thing before we actually go on a mythic journey, the critical question that I always want to ask in terms of -- in a mythic consideration of a person's life is "What is my impetus to joy? What makes me want to get up in the morning and go for it?" I mean, if you look at what is effortless and joyful in the doing of it, what is that?

[1:00:05]

Most Westerners don't even ask, "Is it joyful?" It's, like, not even on the list of what makes them joyful. They are, like, like running

around in the gray zone. In their square wheel, they don't ask the question, "What is my impetus to joy?" and that is the biggest qualifier of the mythic life? "Is my life joyful?"

So this question is very, very difficult and comes from childhood when you had a passion or a deep, deep, deep joy for doing something that your parents or the culture discouraged you from, not being practical enough or certainly not able to help you survive in the world or "succeed." Well, what myth says is "Phooey!" to all of that. It says, "Get on with it. This is not new age airy fairy claptrap."

If you really step into the answer to this question, "What is my impetus to joy?" you will have begun the mythic quest in earnest and there's no way to rationalize it or make it sensible. You just have to step on to the joy path to see how many doors fly open when you take one step, as Joseph Campbell says, happens when you follow your bliss that the universe conspires with you to make your journey happen because the universe wants you to be joyful. What a concept. I mean, what parent wouldn't want their child to be joyful? And this universe wants us to be joyful.

So I have a friend, for example, who has a construction company that was flat and uninspiring to him and when asked what his childhood impetus to joy was, he said, having a bicycle business, which his accountant father actively discouraged in childhood for him. When he decided to really go for it, he began getting old bicycles and paying them a unique and fanciful way. So now it's flourishing in both joy and abundance, not being able to wake to get up in the morning and get started "working," and this is not an isolated example, folks. This is not Pollyanna speaking. It is simply cooperating with the way universal principles operate. I'm a living testament to the truth of this. "No fun. No do." That is my mantra.

So it's a given that as you decide to take up the position of the mythic player in your life script, you have given up acting like a victim. I mean, that is just a total given. You're the actor, director, and star of your movie and you have to ask yourself, "Am I producing a scintillatingly exciting script here?" To enter into the mythic game of awareness, you have to give up being a slave to your routine and pattern responses. This is big.

You have to be willing to be open awareness, spontaneous and creative, open to noticing potentials that are constantly being

offered by the universe around you, but are you present to receive them? Are you present in this present moment to hear what the universe is offering you? Are you off texting somebody somewhere else? Meanwhile, the opportunity comes and goes.

The ego's primary purpose is to filter out all possibilities that are not directly related to your survival, which is not the frequency band where myth operates, folks. So if you spend a lot of your time supporting your sense of identity, who your ego wants to describe itself as and who you want yourself and other people to think you are or perceive you as, there's just no time or energy left for living a mythic life.

If you are cycling in repetitive and destructive emotional state a lot of the time, there's just simply no energy left for the mythic quest. If you cannot stop the incessant internal negative self-talk to enter into the silence of empty presence, the mythic level of being will just elude you because it is born of listening deeply in silence within.

So myth says to open to the mythic resonance of being. Slow down. Be spontaneous. Unroutinize yourself. Undefine yourself. Send your ego on vacation. Finally, disconnect the memory circuits of your painful past. Give it up and choose to keep reinventing yourself in each now moments.

[1:05:06]

You can learn to attune and find resonance with the larger galactic circuits of myth simply by honoring with your full communion all circumstances as sacred in your life, not just -- even your life challenges as sacred. In this way, you literally develop an ability to match your own internal electromagnetic frequency to whatever circuit you wish to establish, resonance with.

The general resonance of myth functions on the frequency of love, joy, ecstasy, wonder. So don't you think it makes sense to fill your life with dance and song and humor and joy filled celebration with beloveds? Through the law of affinity, you are then in natural resonance with the mythic realm. To offer a close approximation in metaphor, your joy and ecstasy are food for the divine. Have you made any good meals lately?

Finally, to live a mythic life, you must fully recognize your life as a mythic quest for which you are following a very specific designed foot trail, signs are dropped everywhere for exploration on your quest. So begin to recognize those signs and signals and the synchronicities in your life. In living mythically, life becomes a joyful adventure and to move more gracefully into the mythic dimensions itself. There's one simple invective, "Move toward joy and beauty and enjoy the adventure of the journey, adventurers."

So I'm going to open the mike for, Lindsay, if you'll be our helpful holodeck driver, and have you speak about any questions you have about this part of the journey before we actually go on a mythic journey together to look at the mythic path more specifically? I want you to consider speaking if you feel inspired to about your mythic journey and which of these areas you would like to really deepen with and encourage in your life. If there were any questions that you specifically wanted to ask about the heroines' journey, this would be a wonderful time if you wish to do so.

Will you ask, Lindsay, if people are interested in having space for that to happen.

Lindsay: Okay, great. If you would like to contribute to this conversation, just press 1 on your phone keypad, and that's the people on Maestro. Those on the webcast can type their comments or questions into the web chat box and we'll read them out live on the line. So it looks like we have one already. I'm giving the mike to [Participant]. Go ahead, [Participant].

Participant: Hello. I'm calling from Bali, Indonesia, so I hope everybody can hear me.

Ariel: I can. Thank you.

Participant: My question is, is it possible to live perhaps to three different archetypal characters in one's life, and perhaps even simultaneously and at separate time?

Ariel: Absolutely yes. Yes, it is. We oftentimes have one predominant archetypal pattern that we're kind of like imprinted with the same way we are imprinted with astrological energy on the time that we're born, but yes, very much so. In fact, in the 13 Moon Oracle archetypes, the 13th archetype is the alchemical goddess who is all

faces and all archetypes, and so yes, it's entirely possible to entertain more than one. I'm sure you live a very full life if you're working with three different archetypes in particular.

Did you have more than just that question around it or something to share around that?

Participant: No. I mean, I am working with quite a few different archetypes and find that at different times of my life, one is more predominant than another. Yeah, thank you very much.

Ariel: Oh, you're so welcome. Hurray for you living the mythic life. I celebrate that. Thank you so much.

Participant: Thank you.

Ariel: Thank you for listening all the way from Bali.

Lindsay: Okay. Now we're going to somebody who called in on the general PIN number, calling from area code 816. Who's this?

Participant: This is [Participant]. Can you hear me?

Lindsay: Yes.

Ariel: [Participant], yes we can.

Participant: Yes. So the question -- I'm a part mythologist and a transformation coach and I definitely live a mythic life, and what robs me of my power is that I source my abundance from another job that does fit me in many ways but I rob and steal time away from that job to live my mythic life and it causes integrity issues within me of because I'm not feeling like I'm doing the 60-hour work week that I start to buy into. I just wanted to see if you have any knowledge or any wisdom for me on how to escape that trap?

[1:10:36]

Ariel: Oh, boy, I wish I did, beloved. I sure wish I did. I don't. I know that that is a primary concern for everybody to be able to transition between that to start spending more energy on -- you are spending like a large portion of your time during a week on your mythic life then.

Participant: Yes, both. It's just -- I have such high expectations of myself. I have a great career that really feeds me, allows me to travel the world and do mythic events and teach and do amazing men's work and I start to feel like I'm not. I start to diminish because I feel like I know that I'm not giving my full all to this amazing career that I have and I -- it's just I feel it's an integrity issue that continues to come up and I don't know how to disconnect from this cultural expectation or to -- I don't know what it's about. I'm not sure but I know it's where it's robbing me of my power and my full voice.

Ariel: I feel like really where this is stuck is in turning this, the whole perceptual field of this over to your witness and allowing your witness to look at it rather than your personality. For my witness, looking at it right here, I'm saying, "Well, this is a higher integrity." This is a higher form of integrity and truth that you live your life as fully as possible, living both those lives. That what's my witness would say to you that there isn't an integrity problem.

From the point of view of your ego mind and the culture, there may be, but my sense is from -- living the mythic life that there is no problem, that there is no integrity problem. Can you see that if you looked at it through that lens that perhaps you would see it differently?

Participant: I've kind of seen it through my VP of Sales life that gets me in trouble.

Ariel: Exactly. That's what I'm saying. Your mind is trying to get you in trouble.

Participant: Yes. Thank you.

Ariel: But from the higher view -- yeah, from walking from the higher view, yes, I don't see that as a conflict.

Thank you for living the mythic life. I really appreciate hearing from you, [Participant]. Thank you.

Participant: Thank you.

Lindsay: Okay. We're bringing the mike now to [Participant]. Go ahead, [Participant]

Participant: Yes, thank you. Again, I believe I'm on this mythic journey and I took a big leap in buying one-way ticket to Hawaii five months ago to write a book that I've been wanting to write for at least 20 years.

My question is, is understanding the ease and grace that comes with the feminine nature and -- I love it when I really can get into the writing and that creative aspects but then for whatever reasons, I find a million distractions that take me out of it and I just tell myself, "It's okay. Go with the ease and grace," and when I find the time, as I keep telling myself that, it seems to get pushed down the priority level.

So my question is, like, continuing -- how do I -- I don't even know what my question is. Just wanting to let this creative process that feels like it feeds me so much to gently rise to the surface of my priorities. Do you have any feedback on that?

Ariel: Yeah. I feel like if you could look at the shadow archetypes that are keeping you from that, I mean, really be willing to look at the voices that distract you and keep you from that process that you're so joyful and want to be more engaged with, to be willing to go through this exercise we did today and look at the power leaks and really look at the shadow archetypes, the mostly unconscious shadow archetypes that distract us and keep us away from the things that give us joy.

I think if you did a further, really a deepening investigation with that, you would really bear fruit to get back on track and give the microphone back to this creative aspect itself.

Thank you for your question. That's a very important question to all of us.

[1:15:10]

Participant: Do you feel like it's possible -- is that possible to do on my own because I feel like I've really gotten good at shadowing that or bailing that in order to get in?

Ariel: I think everything is possible to do on our own, really to do that investigation with self, just like to do the exercises we did today. To really fully do that with the self is plenty more than enough. If

you want to use the allies that you have on the email platform, I mean, I can't believe people don't use that more. What a gift to have other beings who are on the same path and who really want to alchemically transmute these things and step more fully into the mythic life and to not have someone to reflect back to you that you can say, "Hey, this is what I'm doing. What's your reflection here?" That seems like a waste. Have you used the email platform or any of the people on it to really get accurate reflection?

Participant: I did this last week. I had a great back and forth with Oyoana. She was helping me with some questions.

Ariel: Oh, that's so -- isn't she incredible? We are so fortunate to have her.

Participant: Absolutely.

Ariel: Being the consciousness who is answering your questions, she is a very solid soul. So we thank you, Oyoana. She's in Vienna and she probably -- not going to be to listening because it's three or four in the morning, but yes, having somebody that you can bounce back and forth with in on the phone or by email, to look at these things more deeply, can sometimes be very helpful. I'm glad you're doing that.

Participant: Yeah. Thank you so much for all of these. It's been fabuloud.

Ariel: Good. I'm glad you're enjoying it. Anyone else?

Lindsay: We'll go to the webcast now. [Participant] asks, "If all circumstances are sacred, how do we find joy in the times of strife, such as grieving or even such things as trying to understand the horrific events of war and our part and how to respond?"

Ariel: Oh, this is such a tough consideration and, I mean, basically you're asking the basic Buddhist question of "What is the nature of suffering?" I mean, really, at the bottom line, that is what you're asking and it's a very, very, very difficult question to answer or to deal with.

Mine is not very satisfactory to a lot of people but it is simply that we are living in a holographic reality where it doesn't appear that it's perfect by any means. It appears horrific. It appears chaotic. It

appears -- all these appearances happen but it's all part of the evolution of consciousness that is necessary. It's part of our soul growth to be here in 3D or we wouldn't be having these things happening.

So truly, I just feel like we have to -- it's whether you want to really consider a higher way of looking at reality where you don't have to suffer in the process. You don't have to look at everything as being suffering. I know that's not satisfactory but that's the best that I can because, believe me, I've undertaken to look at this question a lot in my life because it is a feminal question in the spiritual journey.

That's what I've come up with that as difficult as it is to accept, we are living in a reality that is here for our growth and the chaos is equal as a grower of self to the joyful life field part of our journey.

Thank you for your question.

Lindsay: Finally, we have a comment from [Participant]. "I really need to do a lot of work on my heroine journey. Thanks because I wouldn't have known otherwise."

Ariel: Oh, thank you [Participant], and thank you for your willingness to undertake the hero's journey. My life has been so magical and so mythical because I was truly willing to stand up as a heroine here on this earth. I would never have lived my life differently than I have, so I so, so support you [Participant] and really looking at the heroine's journey that's been laid out here, the qualities of what it is to be a heroine and to really start embodying those and living your life by those precepts. You will never ever regret it. Thank you so much.

We have a triage of possibility now. One is looking at -- I think what I'll do is an abbreviated version of this and then we'll go on the journey together, but just to look at the overview of Joseph Campbell's work of the heroine, he calls it the hero's journey, of looking at what the stages of the journey are. What I want to take time to do this for is that you'll know when you're on a particular phase of the journey and you'll, like, breathe out and go, "Oh yeah, yeah." That's only one part of the journey. It's not the whole journey.

[1:20:22]

For example, the Road of Test and Trials which looks like when you're in the middle of that, there is nothing else. It's like, "Oh, my God. This is horrible." But if you can look to see that there is another stage after that, there is part of a whole cycle, then you can begin to breathe out a little bit more.

So let me just start by saying when the adventure begins, you begin to feel an open willingness or a desire to expand or an impulse to discover something or to become new or more fully who you are as a soul. That's the beginning of the desire for entering into a mythic journey of some sort. This may begin as simply as an impulse to do something unusual or not reasonable or a prayer for help or asking for guidance from your own spirit to enter into this call to adventure.

So the steps of this journey are more holographic. In other words, they're laid out here for us to look at in a step-by-step way, but the way they unfold sometimes is not step-by-step. So, just know that that you will be getting this as a handout. So you can just listen instead of really trying to apprehend all of the steps entirely, but to feel these things and to really feel the steps of the journey as you listen. The first step of the mythic quest is called The Call to Adventure.

This usually happens by accident. It's a phone call or seemingly by accident, a chance meeting with someone, a dream or a synchronicity. As you really become familiar with the adventurer's journey, you begin to feel when to expect a mythic call, when this familiar horizon has been outgrown, when a change in perspective is appropriate or you begin to have a great desire or impulse to discover something about yourself as a soul.

A mythic call often comes from something sparking a remembrance of something of your purpose to your destiny and often it comes in the form of a remembrance of a potent childhood dream or discovering something envisioned that makes you just have this nagging feeling that you need to do something about this feeling, and that's the call to adventure. It really denotes that your soul destiny has summoned you the adventurer -- and this is the key thing, transferring your spiritual center of gravity to the unknown.

Now this is when you know you've received a call to adventure, when your center of gravity is called into the unknown. This exciting region of both treasure and possibility can be represented of a distant land, a forest, a new city, and the adventurer may be drawn in by chance or consciously calling in a mythic adventure. For example, you may all of a sudden get a job offer in a distant city which could be very well looked at as a call to adventure and only your heart will know if this is the call to adventure. You will ask, "Is this it? Am I meant to take this call into the unknown?"

The second step of the mythic quest is the development of an ally or guide, and you'll definitely know you're on a mythic quest if a protective figure or a symbol of that gives you a clue or a talisman to use when you're in the part of the road of test and trials and initiation as you move in the quest. This guide or ally oftentimes comes in a dream or a vision or in meditation, and if you're really watchful, it will sometimes come in the form of a real person and a chance, circumstance in daily life.

One day I was contemplating a decision sitting on a park bench and this muddled haired -- sort of what you would call a crazy lady came up to me and gave me a rock with a white circle around it and said, "Move ahead with your plan," and then moved out, walked off. I was just, like, "Oh my goddess." So, this ally can take many different forms, as in magical forms, as you open to the possibility and be present to what's being offered to you. I could have just said, "What are you doing talking to me?" But no, I'm listening up when something unusual happens that transfers my center of gravity into the unknown. "Hey, I'm listening up."

So that's the first thing to notice when you're developing that ally or guide that you really need to pay attention to what's coming into you in the way of -- for example, in a dream. If an eagle keeps showing up in your dreams, instead of just saying, "Oh, there are eagles in my dreams." Do an active imagination with a dream with the eagle and ask the eagle to be your ally and to reveal its truth to you, its message. That is tremendously helpful in the process.

[1:25:28]

So notice that the guide and ally are animal helpers or guides can come in many different ways and oftentimes does come in lucid dreaming where it will show you and become allied with you where

you're stuck or where you need to move toward. It can happen in shamanic journeying or crystal singing balls or trance work, lots of guides and allies show up, like, as I said, in those kinds of ways and that some actually showing up in daily life.

The third step of the journey is called the Road of Test and Trials. Now we all know about this step of the mythic journey in life because in order to demonstrate what we've learned in the spiritual journey or what we're ready to learn, you encounter test and trials, shadow issues and lessons of the nature, which is to really look at another mask of this small ego and face the fear or a block, whatever it is that turning it over to the alchemical process that can transmute that shadow of fear or whatever it is, fear of death or whatever it is.

We enter into the road of test and trials when things that happen to us, like, losing a child or a divorce or betrayal or these kinds of things that are extremely trying at a soul level, learning to accept and bless those too as sacred opportunities to grow and demonstrate what we have learned about the nature of illusion and the ego and spiritual evolution.

So we are in this road of test and trials seeing through the illusions that the ego mind perpetrate. So these are the gnarly knots that come up in our life that we think "I didn't create this. I'm not willing to all that that I created this life challenge. This is just too horrific. This grief is too much. I'm going to die from it," whatever it is.

We have somehow at a soul level -- again, this is what I'm responding to the question that came in that at the level of soul, somehow we have said, "This life challenge, I will take on. This entry into the road of test and trials, I will take on because I will shape and sculpt my soul with it. It's like the grains of sand around an oyster. That shape, the beauty of the soul oyster." So, it's not comfortable but it part of the mythic journey.

My son was in a perfect situation like this. He lives his life extremely mythically. So when he called me from New York, he was there as a musician starting to find work and find a place to live and la-di-da. Well, guess what? He found an apartment in Hell's Kitchen and I said, "Oh, my god. Oh, my god." And boy, you should have seen how it turned out. The woman took his money -- I mean, it was just like -- I said, "Honey, you are on the road of test and

trials here. You're going to have to breathe through this and see what your soul is scripting here."

Each of us, when these things arise, we have to really breathe into it and say, "Okay. I've somehow take responsibility for creating this." In some way, "What am I to learn here?" And usually when you get what the lesson is, then you move into the fourth step which is the initiation with the goddess.

In his case, it was that he knew no one in New York and this woman offered him a place to stay until he could get his feet on the ground and figure out what the hell was happening to him in the maelstrom of life in the frequency of New York, and that was the initiation with the goddess, a protective figure of the goddess stepping out in the middle of Hell's Kitchen.

So, this is real. These things, this is just not for storytelling here, folks. These are real parts of our journey in life. In the step of the initiation with the goddess, because you've demonstrated your courage and your willingness to risk living on your growth edge which he most assuredly was, your ability to trust and surrender and follow your heart in successfully meeting these test and trials you encounter, a gift is usually given, a reprieve, a "price," a new skill, a magical tool, a fresh start.

[1:30:00]

The price comes in many forms. Oftentimes, it's a creative idea or a project that's born out of difficulties or depression or illness or other apparent trials. And often, it's a gift that comes in meditation directly from the divine as a feeling of grace or union with divinity or self-remembrance of the larger pattern in the language of myth. The adventurer comes into contact with larger realities, higher resonances and harmonics, to get a glimpse of a vast nature of their unlimited potential for spiritual growth. This is the process of initiation.

This step reflects to the adventurer that there is a passing of these initiations, these tests, from these trials, and it might come in the form of a rite of passage that you do for yourself saying, "Well, I finally cleared that speed bump." And/or it may be something that comes into your life like it did in my son that I just describe that says, "Here is this gift that you're getting as a result of really

working through the lessons that you're learning from in this lifetime that you're ready for."

It oftentimes really comes in big ways, like, near-death experiences or peak experiences, transcendent experiences of all kinds, those kinds of gifts or reprieves or prizes or skills oftentimes come in those kinds of forms rather than necessarily from daily life. They come oftentimes directly from the spiritual level of reality, in the etheric realm.

Symbols and ceremonies and knowledge are given in those ways. If you're really lucky, for some adventurers, the acknowledgment comes in the form of initiation directly with divinity and you have extremely transcendent experiences and initiatory experiences, and if you really describe your desire, your heartfelt desire to divinity for a living person that holds specific lineages and illumination that can initiate you more deeply into the mystery, that too is possible, but only your heart can lead you on that quest.

The fifth step in the adventurer's journey is the return, master of two worlds. For a time, the radiance of a transcendent experience of initiation or any peak or mystical experience, filters into our daily life with the adventure coming back from their quest, but oftentimes, there is a test to discover whether the truth held in this mythic realms can be brought back and integrated to live more joyfully and in a more facile way in daily life.

Now this is the key because we all have had transcendent experiences in various ways, and the bridge between the worlds must become diffused. In other words, to bring back something into daily life so we don't just trudge along and go back in the same pattern that we had. "Oh, it was -- my life, I was one with god," and "I went out into the music of the spheres," and "Oh, now, where is that mail that I need?" I mean, no. I mean, this is, like -- there has to be some integration to show that you are a master of two worlds, that you are coming back into daily life and living more consciously, living more fully and more deliberately in life.

The challenge really is to bring the grace of mystical experience in union into daily life and to define less and less exactly who and what and where you think you are. Now that seems really strange, but if you're going to become the master of two worlds, you have to define less and less who you think you are. In other words, you

can easily define yourself in the ego world in 3D. You can say, "I'm a 'this.' I'm a 'that.' I'm a 'this' and I'm a 'that,'" but when you really are the master of two worlds, you find that you don't want to define yourself. So, tightly and limit your expression by saying "I'm a 'that.'"

When people ask me what I do, I give them a variety of responses, but certainly, nothing that would satisfy the ego mind. That's because I want to undefine myself as much as humanly possible in order that I have no limitations. That I can grow infinitely from my experience in life. That is the master of two worlds.

The final and the sixth step of the adventurer's quest is the gift of that to daily life. That's really coming back into life from the quest with renewed energy and purpose and creative ideas and really your commitment to the unfoldment of your spiritual life and daily life. That part of the journey is -- this part, the sixth part, is to recirculate what you received on the quest to others whom your life touches.

[1:35:14]

Of course this can take the form just of your energy and the power of your presence and your radiance after a transcendent experience of initiation. It can take the form of sharing what you've learned or making a work of art or maybe just in being less judgmental. It just really can be in so many different forms, but mainly, it's about your presence and your radiance that you're bringing back as a gift back into daily life. Of course other things are welcomed and when your chalice is so full to overflowing, then you so easily can let joy direct the flow of your gift to other people. Just remember always that whatever you're doing in the mythic quest, you are the gift.

So the way that we hold our life in our daily life can be like a mythic quest and really, the magic and the myth is found in your perception of your daily life. If you really see yourself as a heroine of your mythic script, then you're going to find ways to co-create an incredible soul directed script for yourself that's always beckoning you to a mysterious unfoldment of your life as a myth.

Now I'd like to go on the journey to take these steps of the mythic journey together. I'd like to take these steps by dropping into a more meditative state. And because we are moving pretty fast, just

getting this amount of material into our awareness right now so that you can really speak with this week and of course in your life in general, but for the moment, I just want us to really start moving more slowly and we'll end up with this meditation and then our having a group harvesting around it.

Three deep breaths really entering in. Let's just start by imagining that you received a mythic call to adventure. Feel whether you're ready to act on that call or not. This is all just in your imagination, unless of course you're facing a call to adventure and then think of the real thing.

Then I want you to notice before you set out on your quest of the adventurer's path, I want you to notice the adventurer's quatrain. This you don't have to understand mentally but this the adventurer's quatrain, sometimes known as The Fool's quatrain. "Stay in present time. Let it be all right. Keep on walking and watch for the lion on your left." Do you want to say this after me? This is the quatrain to use on the quest. "Stay in present time. Let it be all right. Keep on walking and watch for the lion on your left." With only that quatrain in your knapsack, if you said "yes" to this adventurer's quest, then let's set off on the path of discovery.

Begin by finding yourself at the edge of a dark forest. You say your quatrain, summoning up your courage. "Stay in present time. Let it be all right. Keep on walking and watch the lion on my left." You summon up that courage and keep on walking into the dark forest. And just as you enter it, you feel the presence strongly of something or someone so you listen and feel deeply into what that is.

[1:40:19]

As you intuited, it is an ally that has shown up, a bent over, old, wise woman who bid you to come to her cottage in the woods for supper asking you chicly at the same time. "What has taken you so long to find me anyway?" As you deeply train yourself to trust her intuition and the steps of the mythic journey, you follow her by the dim and waning moonlight to a tiny cottage deep in the forest.

Thereafter taking a deeply nourishing meal and offer a place to stay for the night, you gratefully retire to sleep. In the morning, the wise woman seems to be nowhere to be found but on the pillow, you

notice in the daylight that there are the words "No doubt. No fear. No doubt. No fear." They are embroidered on the pillow and beside you sit a symbol that she has left as a talisman for use on your mythic quest. What is that symbol she has left for you as an ally?

After you eat the meal she has left out for you, you sit in the forest in prayer and meditation, asking for guidance as to which way to go on the journey, what direction to move in. A hint of that comes in the form of a raven that lands right in front of you and begins flying east. So, recognizing an animal ally as they appear, you set off following the raven which keeps moving slowly from tree to tree clearly guiding you.

Finally, you lose sight of the raven and now you are truly on your own to follow your own inner guidance, your instinct, your intuition, as to where to go next. Time goes by and you become very hungry and begin to question your intuition. Several days go by but you remain steadfast, not giving in to doubt or fear, evoking your quatrain for courage to continue. "Stay in present time. Let it be all right. Keep on walking. Watch for the lion on my left."

Finally, you gratefully come across an encampment of gypsies who are playing music and singing and eating. The smell of the rich, thick stew draws you straight towards them. So you take a moment to feel, to see if this is a trustworthy situation or a trap. They stop playing their music and noticed you, and one woman comes out and offers you food and a place to sleep for the night, saying you have done well to make it this far on your journey, on your quest. At that moment, you feel that you indeed can trust them because otherwise, how would they even know you were on a quest?

Miraculously enough, the symbol on one of the gypsy wagons is very similar to the symbol that you were given by the wise woman in the cottage. So knowing to tune up and deeply listen and feel when a synchronicity shows up, you ask if you may see inside the wagon. What you find there disturbs you as it somehow triggers you into a remembrance of a deep wounding that you had growing up as a child. If it is wisdom, make note of what arises and what that is.

An old gypsy tells you from inside the wagon that she will sit with you and witness you in feeling and releasing the shadow if it is your will to do so.

[1:45:08]

She lets you know that the stakes are high because that is the price that you truly garner, the gift from the wound, and then give up the story of this wounding once and for all, if she is to lead you to meeting with the goddess. You consider well of giving up this wound as it has become a familiar friend and feeling in your world, but in the end, your desire to fulfill your quest wins out.

So if you are ready, now reveal to the old gypsy woman what that wound was. When complete with that offering, she asks you to reveal and tell her what the gift of that wound has actually been to you, who you are now that you would not be now if you had not experienced this wound? Look through the eyes of this wound as a gift and tell her what that is.

As you finish telling her your story of the wounding and its gift for the last time because you have agreed that this is the last time you will tell that story, a red scarf appears out of nowhere which she holds up to you to ask if this is the moment to burn this offering of this wound once and for all. If you say "yes" then she burns it in the incense cauldron that is a light in the wagon to transmute and free the energy of this long-held wound.

As the scarf disappears into the ashes, out of the ashes, a huge red and purple plumed phoenix bird appears in the flames beckoning you to get on its back. Trusting this part of the quest, you get on and hold its neck tightly. In no time, you are at the mouth of a cave. There you dismount as the phoenix flies off leaving you asking for guidance once again as to what is wisdom to do next. You become impulsed to enter the cave.

Once inside the dim light, you see an old, old wizened woman, crooked and crippled with age. However, as you have been trained as a heroine, you see through that illusion and recognize that it is the goddess herself testing you as to whether you can see through the appearance to what is beyond it. As you do that by deeply bowing down at her feet in gratitude, she appears in the form of a beautiful Black Madonna beckoning you to sit on the ground with her.

As you do, she transmits a vibration to you that rocks you to the bone, rattling all the fixed ways you have held yourself and your ego life up until this time. The walls of the cave start moving in and out, and the energies appear and disappear in a maelstrom of potentized archetypal imagery and energy. But as you have been trained to do to stay in present time and let it be all right, you begin to wonder in moments if you are losing your mind, but you take in this frequency and allow its alchemical potency to clear whatever is wisdom in you right now that stands in the way of your being the heroine of your quest.

[1:50:07]

As you do this, you have the presence of mind to remember the part of the adventurous quatrain and you recognize that what you are seeing is the lion on your left that you never understood before, something coming out of left field, an appearance that illuminates something inside though you may not understand it mentally or know exactly what it is. Take in and notice whatever the image of the lion on your left is.

As you do, you're shaking and hallucinatory reality begins to come into an expanded focus and lucid crispness of vision and clarity of awareness, and the great vibration and shaking begins to subside in the lucid crispness. As that happens, the goddess hands you a talisman, symbolic of a mythic gift that you carried in as the soul into this lifetime that you may not have remembered until this time. Make note of what that symbol image or knowing is.

Whatever it is, you recognize it as the gift to take back into life, into the life which you formally led, that which will help you remember this illumination and sharing it with others as a gift for remembrance. Notice if the goddess has anything else for you as the vision is beginning to fade and you know it will all soon evaporate.

As this archetypal initiatory transaction is complete, you find yourself transported back to the village where you entered the forest to move on the spiral of light, seeing the place in a new and illuminated light of your inner awareness as a divine child fool or a mystic would see it, and to see what vision arises for you to integrate or bring back from your journey to daily life as you enter into this spiral of light.

In timelessness, complete your mythic quest and come back to integrate what you have garnered from the heroine's journey.

Know that you can come back and listen to the recording and listen to it slowly to go through these steps of the heroine's journey with more depth and breadth at any time that you wish to but for now, I just want to complete by opening the lines to any sharing from your mythic journey that you feel serve the whole., anyone that wants to share some detail of their mythic quest that was insightful or illuminates others.

[1:55:06]

Lindsay, if you can open the lines to anyone who wants to do a group harvest on this mythic quest, we'll do that.

Lindsay: Okay. If you would like to contribute to the conversation, please press 1 on your phone keypad and we'll bring the mike to you. Of course those on the webcast can type their comments in.

First we have a comment from [Participant] on the webcast. "Thank you, Ariel, for telling like it is. Let's have fun, blessings and love. [Participant]."

Ariel: Thank you, [Participant].

Lindsay: We might have people who are still in the process of coming back such a rich journey.

Ariel: Yes. I'm feeling you're right about that, and so I'm just going to --

Lindsay: We do have one. We do have one.

Ariel: Okay.

Lindsay: Here is somebody calling in on the general PIN, area code 816. Who's this?

Participant: Hi, Ariel. This is [Participant] again.

Ariel: Hi, [Participant].

Participant: Thank you for taking my call.

I just wanted to share I got a really new piece. I so appreciate your mythic journey. I do this work myself and teach it, and you are just a master. Where I went was it was -- I've been doing a lot of inner child and reparenting work. I have a lot of juice for working with men with animal work to make the world a safer place. What I've been learning is it's through the little boy first. You got to do that work first before you can get to the animal work.

What I got in this journey that's new for me, you know, I've got that Great Mother Beloved Peace on the feminine side, what I got was this Great Father Beloved Brother, but also sacred masculine that can hold me in a new way to be able to really take this work to men in the world. I just really appreciate your understanding of myth and the journey because I got a really good piece that I -- so, like, there's this new inner strength that I have to be able to bring this yin work to men. So, thank you.

Ariel: Oh, you just have me crying, [Participant]. Honestly, I am so grateful for you. I'm so grateful that you're doing this work in the world with men and the divine masculine, and really activating that in men. It just touches my heart so deeply. Thank you for the work that you're doing.

Participant: It's the way to make the world a safer place, and is "the" way to make the world a safer place.

Ariel: Thank you, beloved brother. It's such a joy.

Participant: Thank you.

Lindsay: Okay. Putting out the call again, for those on the webcast who want to share, press 1 on your phone keypad and just breathe a few seconds here to see if we have anymore takers.

Ariel: Meanwhile, I'll just share that I really want to encourage you to do the practices that I will be sending out in the morning or the blessed people at The Shift Network are sending out to you to work with to really step fully into this mythic life, specifically the one I was mentioning earlier of looking at your impetus to joy and what it is that truly gives you joy and to know that there is a way for you

to have it all in life, that you can live a mythic life and it can be joy filled. That is an important starting place.

Then the other one, to do the inventory of the heroine's checklist, really spending some quality time this week with that list and going back over your square and looking at the energy leaks, all those things to really spend time this week. This is a pivotal piece to integrate in alchemy, is recognizing your life as being so much more than who you've dreamed yourself up to be in daily life, that you truly are a mythic character.

As, like, [Participant] is saying, he's taking his life into a totally different -- really into the mythic realms by stepping up into what's really giving him joy and what's juicing him right now and I just hope that for all and pray for that for all of you, and how exciting it is to live life that way.

I want you to know that we can definitely stay in communion that I hope that you'll all sign up to be on an email list that will be coming out to have you stay in communion with me and with this work. I really hope that we can remain in communion.

[2:00:17]

One of the things on the linear train that I was hoping I could speak when people were more in their bodies again, was that the final bonus class will be next Monday at 5:30, that Devaa Haley Mitchell and Elayne Doughty are offering on Mythic Woman, Modern World: Embodying Your Feminine Archetypes To Fully Live Your Soul's Calling.

I just wanted to really encourage you to go to that call. The bonus call has really been astonishingly wonderful and they are definitely masterful in the way that they work with the 13 Moon Archetypes and bringing people into a more mythic dimension of themselves with utilizing those archetypes. So I hope that you'll go online for that.

One other really exciting thing I think is that what you were offered at the signup was to be able to do their program Birthing Your Soul's Calling retreat from October 4th to 7th, that Elayne Kalila and Devaa are doing. I'm in an altered state still. It's half price for all of you who signed up for this. So there are a few spots left. I

think two or three for that retreat if you want to do that program. I will be coming to that for one of the days of its unfoldment from the 4th to the 7th of October. They are masterful, as I said, in their work, and I hope that you'll consider coming to that. What a special offer for them to do that, and support.

So I send each of you incredible love and joy in your journeys and may you step fully into the mythic life in this lifetime in this moment, and much love to all of you. Lindsay, if you want to do the breakout group, they have the questions, I believe I sent those to her this morning to give them the questions to work with on the email platform and on the -- whatever these breakout groups are. So, thank you all.

Lindsay: Okay, great. I wonder if you could remind people on the phone now just a quick reminder of what you would like them to discuss in their breakout groups tonight.

Ariel: They should have received an email with the questions that I have proposed and certainly, there's a lot of material from their notes that -- even just the things on the square that they did, that would be plenty to share on a breakout group thing if they didn't get those questions because they should have, so -- but there will be plenty, I'm sure, or how their mythic journey unfolded. There's a tremendous amount of material there too.

Lindsay: Okay, great. Thank you so much, and thank you, Ariel. We'll see you next time.

Ariel: We will see you for the last one next time. Much love to everyone. Blessed be.

[2:03:20] End of Audio

©2013 The Shift Network. All rights reserved.