

The Hero/ine's Journey Check List:

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Let's look at this Inventory Check List of what it is to BE a hero/ine: After this session, please make note as you go through the list, looking at which aspects of the Hero/ine you already strongly carry and which ones need more attention to step more fully into the mythic life.

The Heroine knows that s/he is the ONE who makes a pivotal difference in the cosmic play on Earth. (Did you see the Never Ending Story? The main character Bastian was in denial and thus discovering that mythic principle almost the whole movie.) As Buckminster Fuller said, "If not you who? If not now, when?"

OR "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?"

The Hero/ine knows s/he is always at choice no matter what the appearance of her circumstances.

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.

The Hero/ine lives from authentic Essence rather than blindly accepting cultural roles and expectations.

She understands that each spiritual path is unique and one of the first initiations in stepping on to the mythic path is to give up focusing on what others think about her and trying to "fit into" a one-size-fits-all-culture without even questioning the veracity of its values.

The Hero/ine has "super" human powers because s/he has clarity of focus and laser like intent.

S/he has the powers of the Universe behind her because s/he chooses to live in alignment with the truth of "Universal Principles" that s/he discovers on her path.

The Hero/ine comes to know her gifts, tools, and powers, utilizing them to recognize and work with her life challenges and growth-engendering, soul-scripted circumstances.

Exploring her creative potential, reveals the gifts and innate powers she came as a soul into this life to further develop in consciousness.

The Hero/ine 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.

The Hero/ine lives on her growth edge, always deeply enjoying her focus in the present moment while paradoxically perceiving the horizon simultaneously and without striving.

She knows that all time is actually radial and simultaneous and so apprehends the creative opportunity in consciousness that this awareness provides.

The Hero/ine 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.

S/he has stepped into the Void of surrender to the Divine Self and so operates from the choiceless awareness that follows from making that one decision.

The Hero/ine understands the nature of synchronicity, thus practicing heightened awareness to track her mythic unfoldment on the Hero/ine's Quest of life.

She embraces a "Yes-And" reality that includes, cooperates, synergizes, finding ways to support, uplift and ally with other journeyers on the path of Awakening.

The Hero/ine 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!

Recognizing herself as a totally unique center through which Consciousness continuously threads itself anew, she is thus, self-organizing, self-sustaining and self-empowered as a co-creator of her personal world and the collective dream.

The Hero/ine 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 in fear and makes a conscious choice to clear and transmute those that no longer serve illumination and awakening.

S/he chooses to live in the freedom of the unfolding truth of the moment, rather than in the entrapment of past beliefs and unexamined, static values.