



The Heroine's Journey Week 1



The great theme of our age is one of loss. In a time of ecological crisis, we need stories.

We need to imagine better tomorrows, stories as alibis that get us through the day.

-Glasgow International Fantasy

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts
about

the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the

past, future or distracted by thoughts

10 = completely present





What do you hope to get out of
this workshop?

Raise your Zoom hand or put your
answer in the chat.

Modern Creative Woman

- We are a fun, supportive learning community.
- We commit to creativity and creative thinking.
- We focus on our values, purpose, and aligned actions.
- We practice knowing ourselves more so we can make our relationships and the world a better place.

The Modern Creative Woman



Housekeeping

This book and classes are for education and inspiration.
This is not therapy and participating does not constitute a
therapeutic relationship.

Be kind, positive and respectful. Share solution-focused ideas about
what works for you. Everyone is welcome here.

Classes are recorded and will be on the membership page. Your
Zoom image does not appear there..if you talk, your voice/image will
appear on the video.

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The Modern Creative Woman



Modern Creative Woman Timeline

PRESENCE

PRESENT
MOMENT
AWARENESS

MINDSET

RELATIONSHIP
TO YOUR
THOUGHTS

PURPOSE

YOUR
UNIQUE
VALUES

WEEK
01

WEEK
02

WEEK
03

**What is the heroine's
journey?**







The only way to change an outdated myth is to replace it with a better one, whose symbols make more sense and resonate with contemporary society.

-Julia Blair

Change

- All good stories are about change.
- This includes adapting the ways in which we tell stories
 - both in popular culture and in our own lives.
- Are you telling yourself the same old, tired story?
- When was the last time you adapted your story?



**Myths are archetypal
stories that reflect our
inner selves.**

**They reveal our foibles and
laud our innate strengths so
that we can better
understand our shared
humanity.**

-Julia Blaire





Archetype

- An idea, symbol, pattern, or character-type.
- A story element that appears again and again in stories from cultures around the world.
- Symbolizes something universal in the human experience.
- No one has studied every culture, so we have to be humble in calling these "universal" stories.





Archetype

- Plato referred to archetypes as Forms (pre-existing ideal templates or blueprints).
- Carl Jung, a psychologist who discovered certain broad similarities among myths from all over the world.
- He noticed “hero stories” all had similar elements, and that all cultural heroes had certain broad attributes in common.
- His explanation: human beings share a “collective unconscious” – hard-wired expectations and preferences about stories.



Archetype

- Every character you see on television and in films represents an archetype.
- Virtually every response you give to your environment—the way you behave—is an expression of an archetype too.
- Almost all human behavior is guided by archetypes.
- The best storytellers draw on universal archetypes in crafting their stories, and thus tap into something elemental in the human mind – and in many cases, they do this automatically, without ever setting out to write an archetypal story.



**Archetypes are the living
system of reactions and
aptitudes that determine the
individual's life in invisible
ways.**

-Carl Jung
from The Structure and Dynamics of the Psyche



Archetypes from Carl Jung

The Self

The Anima

The Animus

The Shadow

The Persona

The Father

The Mother

The Child

The Wise Old Sage

The Hero

The Trickster

The Maiden

Archetype Examples

Hero - Bilbo in the Lord of the Rings, Moses in the Bible

Anti-hero - Wolverine in Wolverine movies

Trickster - Bugs Bunny

Heroine - Katniss in the Hunger Games, Merida in Brave

Scapegoat - The pig in Animal Farm

Mentor - Yoda in Star Wars

Femme Fatale - Catherine in Basic Instinct

Damsel in Distress - Lois Lane in Superman, MaryJane in Spiderman

These are not cliches and we never get tired of archetype stories.
A cliché used in movies is a superficial situation, comment or over-used joke ("I'm too old" is a cliché and not an archetype.)





Almost all stories follow a
pattern of the journey:
the hero's journey
or
the heroine's journey
or a hybrid.



Hero's Journey

A common narrative archetype, or story template, that involves a hero who goes on an adventure, learns a lesson, wins a victory by himself with that newfound knowledge, and then returns home transformed. Often an unhappy ending after that.



Heroine's Journey

- A psycho-spiritual journey.
- Includes an inner and outer journey.
- It begins with the breaking away from feminine ideals and the turning towards the patriarchal values.
- Then comes the experience of spiritual death, and turning inward to reclaim the power and spirit of the sacred feminine.
- The ending stages consist of union of both the masculine and feminine values.

Hero

Dances with Wolves

Wonder Woman

Lord of the Rings

Titanic

Heroine

Thelma and Louise

12 years a slave

The Artist

The King's Speech

Brave

Hybrid

Starwars Series: Luke Skywalker (hero), Darth Vader (failed hero), Rey (heroine)

Moonlight

The Shape of Water

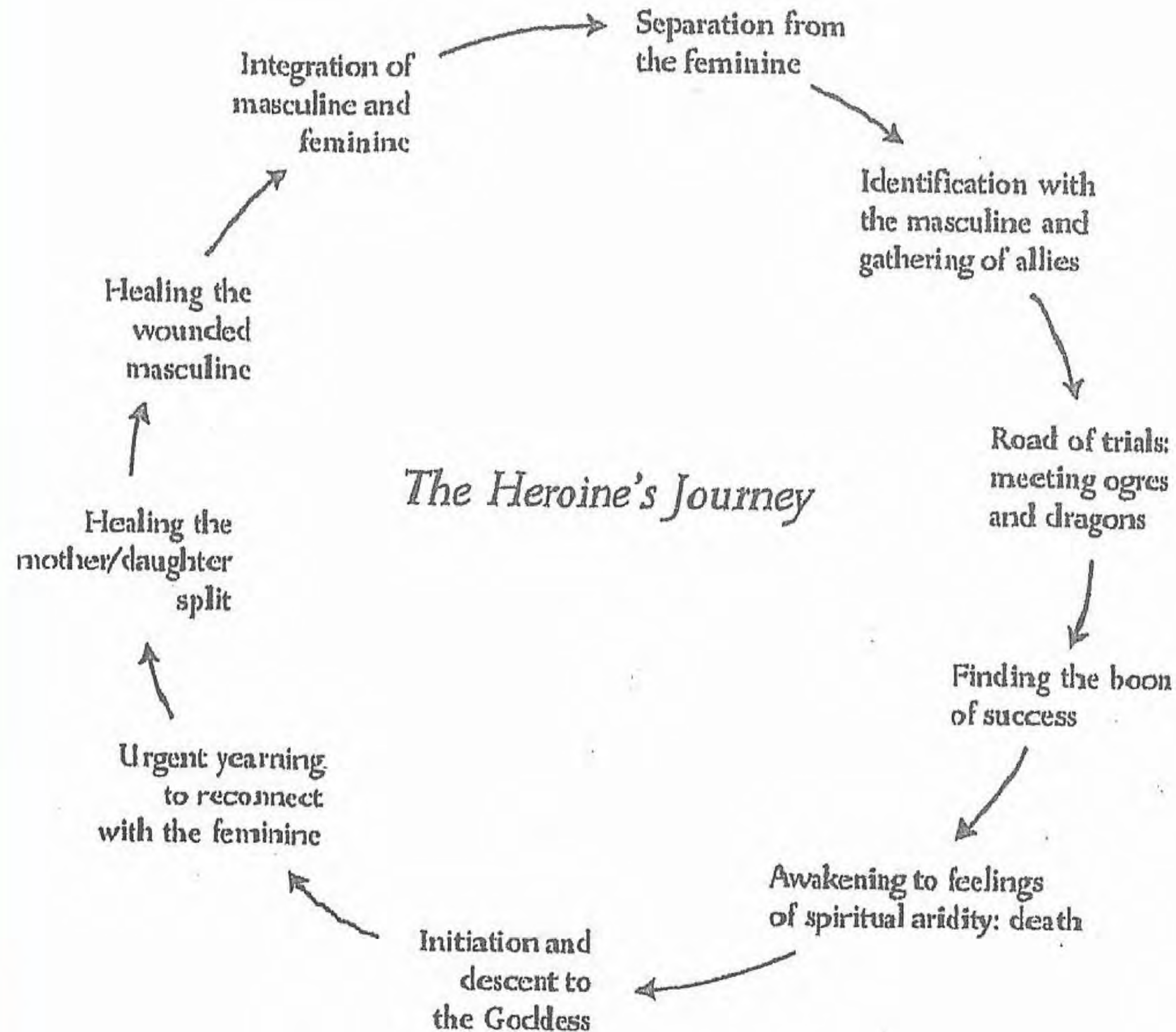
The Black Panther

Representation Matters

- It is essential women see our journeys and meaning represented in archetypical stories in film, plays, and literature.
- Not only do we need more women in the stories, we need more diversity of women, and we need to see the heroine's journey.
- Women and men need the stories.



The Heroine's Journey



<https://heroinejourneys.files.wordpress.com/2015/03/heroine-journey-arc-1a-crop-e1426605586958.jpg>

The Heroine's Journey

1. Heroine separates from the feminine. (leaves home, rejects feminine)
2. Identification with the masculine and gathering of allies. (ready to fight)
3. Road/trials and meeting ogres & dragons. (challenges, attacks)
4. Experiencing the boon of success. (hero's journey ends)
5. Heroine awakens to feelings of spiritual aridity/death.
6. Initiation to the goddess/higher self/higher power. (crisis, despair)
7. Heroine urgently yearns to reconnect with the feminine. (wish to return to old ways - finds it too limited)
8. Heroine heals the mother/daughter split. (reclaiming values)
9. Heroine heals the wounded masculine within. (peace with herself)
10. Heroine integrates the masculine & feminine. (authentic self)

First step of the journey

- Heroine separates from the feminine.
- The “feminine” is often a mother/mentor figure or a societally prescribed feminine/marginalized/outsider.
- Perhaps a loss of mother - literally or figuratively.
- Perhaps a rejection of mother - too superstitious or old fashioned.
- Perhaps mother is too perfect and rejection comes from feelings of inferiority.
- Rejection of feminine ways of knowing.



Second step of the journey

- Identification with the masculine.
- Gathering of allies - the heroine works together with others, focus on group, community, and family.
- Interest in the father, masculine ways of knowing.
- Striving for inhuman perfection through control.
- The heroine embraces a new way of life.
- This often involves choosing a path that is different than the heroine's prescribed societal role, gearing up to "fight" an organization/role/group that is limiting the heroine's life options, or entering some masculine/dominant-identity defined sphere.



Third step of the journey

- Road/trials and meeting ogres & dragons.
- The heroine encounters trials and meets people who try to dissuade the heroine from pursuing their chosen path, or who try to destroy the heroine.
- Can be actual physical attacks, oppression from racism, sexism, discrimination.
- The heroine faces challenges and struggles and engages in a response in an effort to overcome the struggle.
- Faces inner conflict here of inferiority, dependency and love.




In Summary...

- The stages can be in different configurations.
- The story is not necessarily linear.
- The trials can be a few or ongoing.
- These external trials and struggles can be new or repeating.
- We can linger in one stage for a long time.
- Nothing is wrong with where we are in the journey.
- Each phases has meaning and purpose and is relevant to our growth.
- We can not grow into our authentic selves without tests, trials, and challenges.



Presence



The background of the image is a soft-focus collage. It features several dried, pressed flowers in shades of pink, orange, and cream. Interspersed among the flowers are various pieces of translucent, aged paper in muted colors like sage green, terracotta, and cream. The overall aesthetic is delicate and artistic, suggesting themes of nature, memory, and creativity.

The feminine journey is about
going down deep into soul,
healing and reclaiming, while
the masculine journey is up and
out, to spirit.

- Maureen Murdock



Presence

- Ability to make contact with the present moment, separate from your thoughts and feelings about it.
- Observing what is happening outside of you as well as observing your thoughts and feelings in the present moment.
- An open, non judgmental stance.



Self as Context

- Higher self
- Mindful self
- Spirit
- Spiritual self
- Constant presence - the you who has seen everything
- Wise self
- Connection to nature
- Source



Lack of presence

(loss of contact with the present moment & our observing self)

- We ignore our desires, dreams, pleasures, and wishes.
- Become easily upset and identify with thoughts and problems.
- Telling ourselves we are confused about what to do. Avoid action.
- Miss out on aspects of relationships with self and others.
- Misunderstand feelings and thoughts, directions, context, purpose and social cues.

Guided Imagery

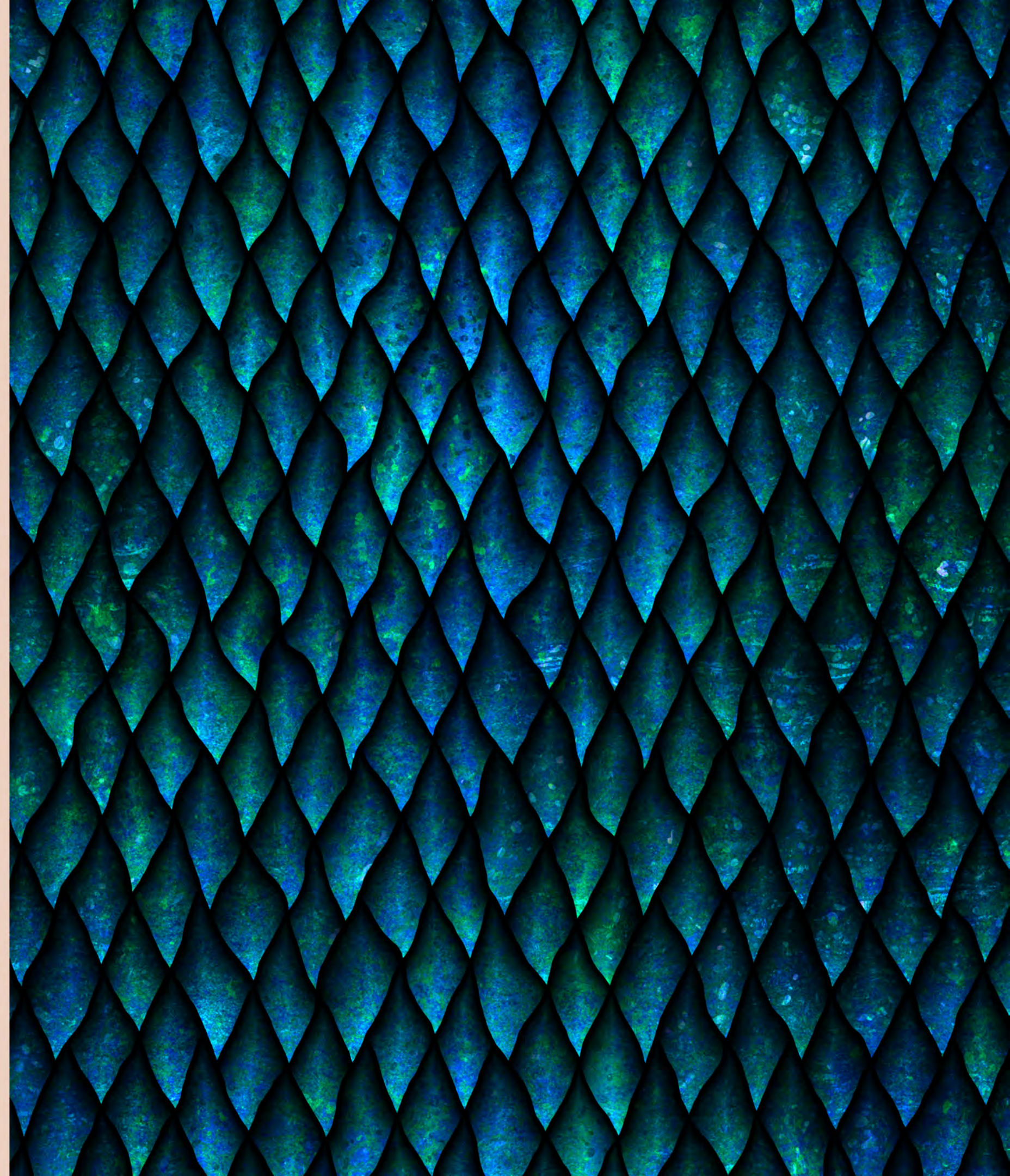


Full Acceptance of the Self on a Journey



I am a woman who...

- is on a journey.
- accepts the process.
- loves herself unconditionally.
- appreciates what she is learning.
- drops the struggle against what currently exists.
- no longer judges herself.
- creates her story.
- takes time for rest.
- is free from what I think about others.
- sees the big picture.
- looks to the future for inspiration.
- does not look to the past for evidence.
- lives her values.
- is free from worry about other's expectations.
- takes exquisite care of herself.
- accepts herself unconditionally.
- recognizes her strengths.
- is beautiful.
- is powerful.
- grows everyday.
- expresses herself authentically.





What did you notice in the "I am" exercise? What statement resonates with you most?

Raise your Zoom hand or put your answer in the chat.

Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

Intentions

2

**Telling Your
Story**

3

**Visual
Expression**

4

Reflection



Intentions

- What are your intentions for this workshop?
- Be specific about what questions you would like to answer for yourself.
- "How" questions are the best.



Telling Your Story

- Creative writing activity - first three steps of the heroine's journey.
- Create whatever character you like.
- Use: fiction, fantasy, adventure, metaphors, symbols, archetypes.
- Avoid going into the details of your life - this is a new story and does not rely on past details.
- If you are working with a therapist, might want to share this with them.
- If you are struggling with your past, seek support in therapy.



Creative Expression

- Using lines shapes and colors, depict the character, energy and vitality of your heroine.
- This can be a portrait, or just colors.
- Enjoy the feel of the materials.
- Oil pastels or crey-pas if you want to focus on your heroine's energy.
- Colored pencils or magazine pictures if you want to depict your heroine as character.
- However you do it will be great!



The main thing about the descent is to give yourself permission to be there, to listen to the dreams, and then to follow the images. The experience of the descent is that it is timeless; you feel as if you are in a different culture, in a different landscape.

- Maureen Murdock



Reflection

- Write freely.
- Reflect on what you have learned about your heroine's journey.
- Be honest if you need support from a friend or therapist.
- Avoid judging yourself for what you did or did not do this week.



On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual, workbook, and bonus material.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete Presence exercises.



Looking for More?

To continue the conversation about your values and each month's topic, let's chat each Friday at noon PST on IG live @dramybackos

Packages and Coaching

www.arttherapycentersf.com



Draw the images
that come to you,
write poetry, dance
the images!
It's about being in
a state of ritual, in
a sense, a sacred
space. Listen to
your inner
knowings.

- Maureen Murdock



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.



Thank
you!