




# **The Heroine's Journey Week 2**









**It is confidence in our bodies, minds and spirits that  
allows us to keep looking for new adventures, new  
directions to grow in, and new lessons to learn  
— which is what life is all about.**

**-Oprah Winfrey**



# 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







The heroine's journey includes  
allies...who are yours?

Put your answer in the chat.



# Modern Creative Woman Timeline

## **PRESENCE**

PRESENT  
MOMENT  
AWARENESS

## **MINDSET**

RELATIONSHIP  
TO YOUR  
THOUGHTS

## **PURPOSE**

YOUR  
UNIQUE  
VALUES

WEEK  
**01**

WEEK  
**02**

WEEK  
**03**



# **The Heroine's Journey and Archetypes continues...**







**The purpose of life is to live it,  
to taste experience to the  
utmost,  
to reach out eagerly and  
without fear for newer and  
richer experience.**

-Eleanor Roosevelt  
politician, diplomat and activist









# Review of Archetype

- An idea, symbol, pattern, or character that appears in stories from cultures around the world.
- Symbolizes something "universal" in the human experience.
- Helps us learn a lesson so we can accept our story and/or avoid common pitfalls.
- Helps us create meaning from our past struggles and move towards values which guide our future.



**Using the heroine  
archetype to tell our  
story lets us re-  
author our problem-  
saturated stories into  
what they truly  
are...human  
stories of struggle,  
survival, resilience,  
meaning and purpose.**







# Heroine Archetype

- A survivor.
- Warriorress, the champion, victor.
- She stands for the truth and fights for her passion, her tribe, and injustices.
- She maintains her boundaries with courage and grace while she protects her inner child.

[www.Brandlikehers.com](http://www.Brandlikehers.com)





# Heroine Archetype is not...

- not only about action.
- not just for athletes, public figures, famous women, or women with the title of boss/CEO.
- does not require you to be the best, a champion or to "overcome the odds."
- does not require you to be a "success" by any external standard.





# Heroine

## Archetype is...

- available for every person.
- reflects your mindset.
- relates to how you interpret what has happened to you in the past.
- connects you to others.
- helps you heal and recover.
- Allows you to become the most authentic and integrated version of yourself.





# When YOU are Embodying the Heroine

- When you fighting for your message and vision, for your beliefs, your community, rights, etc.
- When you help take care of family (parents, children, siblings, etc.) and community (friends, neighbors, groups, etc.).
- When you become stubborn and unrelenting when it comes to what you believe in.
- When you share your thoughts and opinions on the current state of the world.
- Anytime you share credit with others.
- When you leave someone feeling good after they interact with you.
- When you speak up for yourself and/or others.
- When you educate yourself.
- When you move your body (walk, run, dance, workout, etc.).
- When you are in nature.





## Mantras

- I am powerful and strong beyond what I could have ever imagined.
- I am motivated and I motivate others.
- My presence and mindset help me easily manage life's challenges.
- My values inspire my committed actions.





# Archetypes

The Innocent

The Orphan

The Hero & Heroine

The Caregiver

The Explorer

The Rebel

The Lover

The Creator

The Jester

The Sage

The Magician

The Ruler

From the Hero and the Outlaw by Margaret Mark & Carol Pearson





# Each Archetypes has Health & Shadow

- Healthy Archetypes demonstrate strength, power, direction, and purpose.
- Shadow Archetypes show the risks, downsides, and the problem of over-identifying with an archetype.
- Creates contrast.
- Helps us see balance in our choices and behaviors.
- Nothing has gone wrong when we are in shadow - it points us in a direction.





# Health & Shadow

- Healthy Caregiver - gives love, helps others, offer tenderness, feels good, gives purpose, in alignment with values, and allows for a corrective emotional experience (we get to grow from giving what we wished we would have had).
- Shadow Caregiver - avoids our own needs, unnecessary self neglect/sacrifice, focuses on others as an excuse to ignore own problems, creates cycle of exhaustion and guilt, poor boundaries, limits or controls others, out of alignment with values.



# Remember...

- In the Heroine's story, nothing has gone wrong when we are struggling or identify with the shadow part of our archetype.
- This is part of the process and the contrast helps us see where we want to go.
- There is always something growing and emerging.
- Being in struggle or shadow or confusion is NOT an excuse to beat yourself up, punish or restrict yourself.





# Next Steps in Your Heroine's Journey





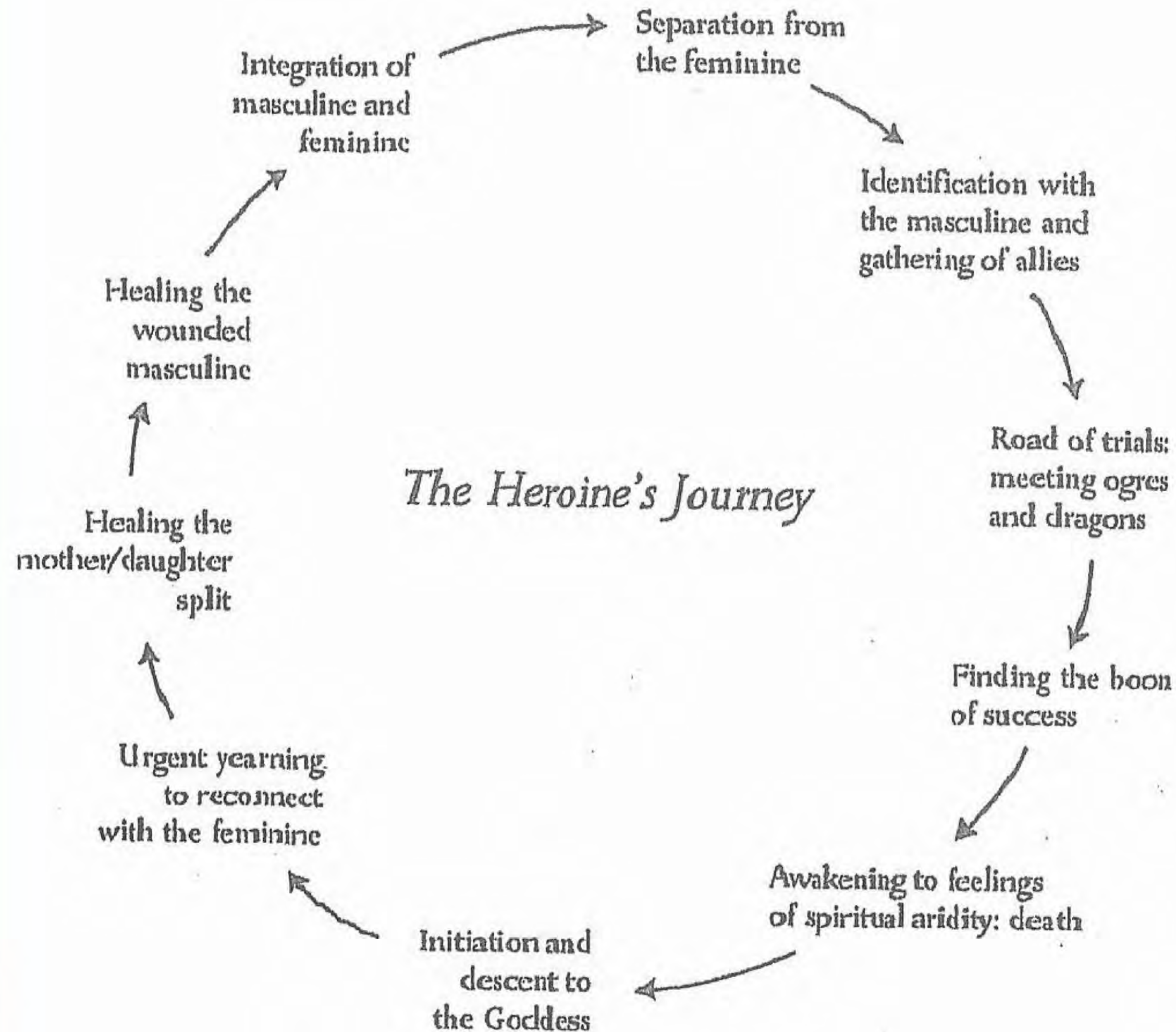


# Heroine's Journey Review

- A psycho-spiritual journey.
- Includes an inner and outer journey.
- Last week you wrote about:
  1. Heroine separates from the feminine,
  2. Identification with the masculine and gathering allies.
  3. Meeting the ogres & dragons in challenges & attacks.



# The Heroine's Journey



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



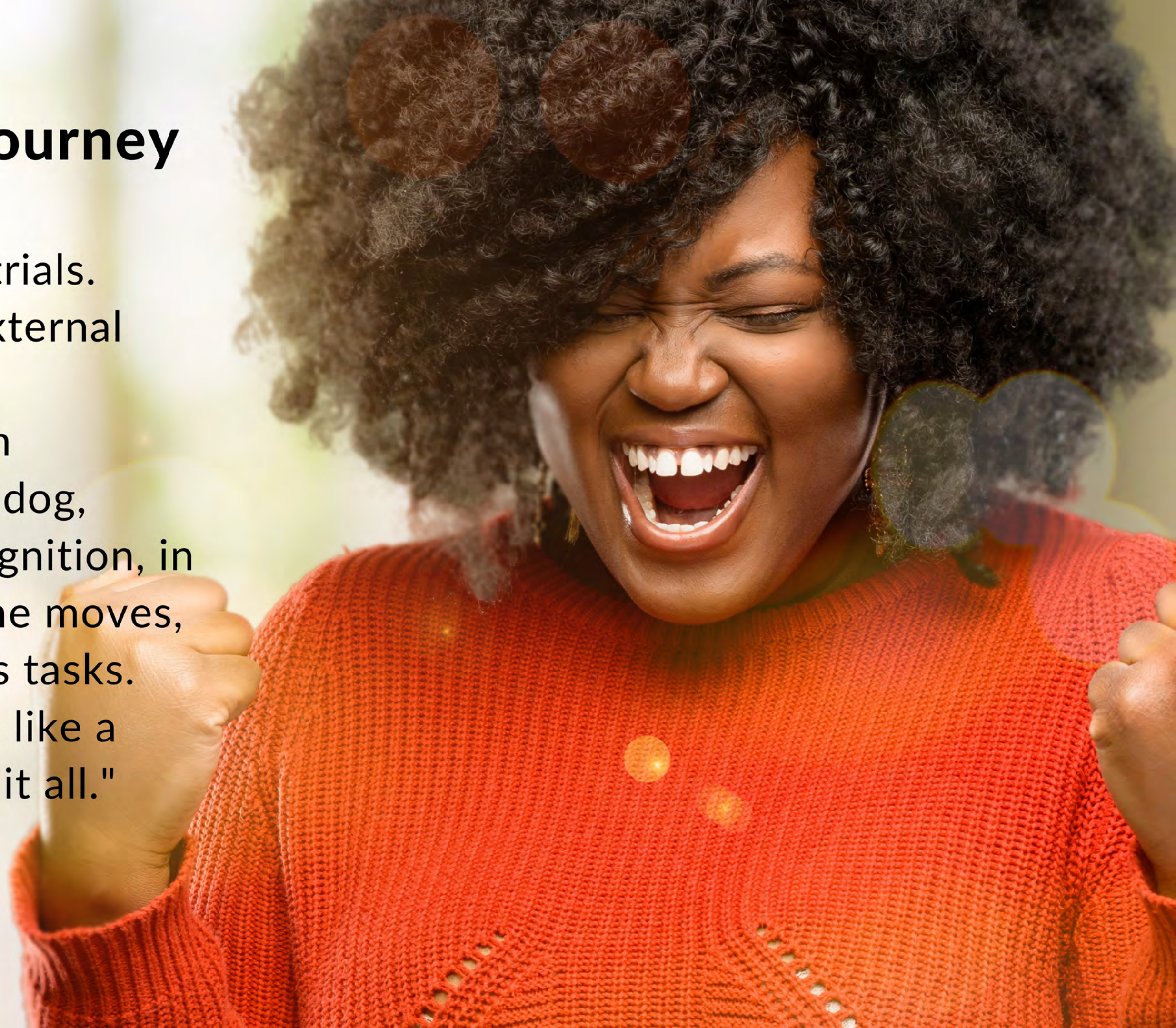
# The Heroine's Journey

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)



## Fourth step of the journey (part 1)

- Heroine overcomes her trials.
- She experiences some external successes.
- Examples: graduates high school/college, gets job, dog, partner, promotion, recognition, in shape, wealth, a child; She moves, makes friends, completes tasks.
- She may or may not look like a "superwoman" who "has it all."





**Writing Exercise:**  
**The Heroine's**  
**External Success**







**What does your  
Heroine  
Accomplish?**



# Examples

- Meets a unicorn.
- Learns to write and becomes a scribe, fits in with the boys.
- Learns to knit and sew with gold thread.
- Learns to fight on horseback using a golden lasso.
- Slays a dragon.
- Discovers she is magic.
- Builds a house in the city.
- Learns to help other women.





# I am the Success Story

- Brainstorm successes your heroine has.
- The goal is to impress yourself.
- Imagine you are chatting with your heroine as a four year old and telling her all the things she will do in the future.
- She is excited, has wide eyes, and is SO impressed.
- Write as many things as you can as fast as you can.







What was it like for you to write down your  
heroine's accomplishments?

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



# Fourth step of the journey

## (part 2)

- Imposter syndrome sneaks in.
- Sexism, racism, ageism, homophobia, ableism, and discrimination also present barriers.
- Disappointment, sadness, frustration.
- The heroine wonders when she will feel she has truly succeeded.





## **Fifth step of the journey: The Illusory Boon of Success**

- Awakening to Spiritual Emptiness.
- Despite her successes, the heroine feels empty.
- She senses that there must be more to life.
- She may feel betrayed by the system or by her allies.
- "Is this all there is?"
- She wonders if she choose the wrong path or compromised her values.
- Then she hears her inner voice after years of ignoring it.





## **Sixth step of the journey: Initiation and Descent to the Goddess**

- The dark night of her soul.
- She sometimes withdraws from friends and family.
- She no longer sees the point in struggling for success by her previous terms.
- The heroine must face her Shadow archetype that represents the things within herself that hold her back from what she truly needs.
- She learns to be, not to do.
- She seeks help from a wise woman who offers wisdom and danger.





# Seventh step of the journey: Yearning to Reconnect with the Feminine

- She rejects the external.
- Having rejected the pursuit of outward success, the heroine may end associations with people or institutions that compromise her newly awakened spiritual growth (friendships end, divorce, quit job, move, etc.).
- She turns to creative work and activities that enable mind-spirit-body connections.
- She begins to purify herself for the next stage (relax, rest, retreat).





## **Eighth step of the journey: Healing the Mother/Daughter Split**

- The heroine reconnects with her roots and finds strength in the past. Re-authors her story.
- She emerges from the darkness with a deeper sense of self.
- She is able to nurture others and be nurtured by them (good boundaries, accepting help & healthy nurturing of others).
- She reclaims feminine traits she once saw as weak (finding value in her care giving, compassion, intuition, allies).





# In Summary...

- Success bring disappointment and the feeling of not being enough.
- This story is universal regardless of the type of your success, perhaps it is hidden in the ways you say you are not living up to yourself. (Yes, I did that but...)
- Nothing is wrong with where you 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 and disappointment.





# Mindset









# Mindset on your Journey

- Perspective and delusion.
- Celebration.
- Gratitude - thankful for what is and what is not.
- Appreciation - to fully admire what is; looking and seeing; feeling a positive enjoyment; unrelated to lack or what it used to be or what you want it to be.
- Avoid judgement including "I should be somewhere else on this journey."





**Guided Mantras:  
Full Acceptance  
of the Self on a  
Journey**





**I will read it out loud.**

**Say it out loud.**

**Whisper it to yourself.**

**Say it silently to yourself.**







**I am exactly where I am  
supposed to be right now.**

**I drop the struggle with my  
mind.**

**I accept where I am while I  
continue to grow.**

(out loud, whisper, silent)





What would you do differently if you dropped the struggle and accepted where you are now with no judgement?

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

**Telling Your Story**

2

**Written Reflection**

3

**Visual Expression**

4

**Reflection**





# Telling Your Story

- Creative writing activity - steps 5-8 of the heroine's journey.
- Can add step 4 (accomplishments) into step 5.
- 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.





# Written response

- What are you learning about your thoughts in this process of writing a heroine's journey?
- How can you apply your new awareness to your day-to-day acceptance of yourself?





# Creative Expression

- Using lines shapes and colors, depict your favorite qualities of your heroine.
- This can be a portrait, or just colors.
- However you do it will be great!





# Reflection

- Write freely.
- Reflect on what you have learned about your heroine's journey.
- Be honest with yourself in what you want.
- Avoid judging yourself for what you did or did not do this week.





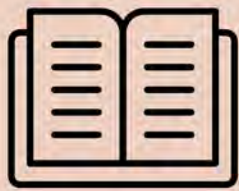
On a scale of 0 -10, how present are you  
right now?

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](http://www.arttherapycentersf.com)





I accept myself on this  
wild journey of my  
life.

I forgive myself for  
what I did and did not  
do.

I am here now.





What will you remember about  
today's class?

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





Thank  
you!