

The Heroine's Journey Week 3



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

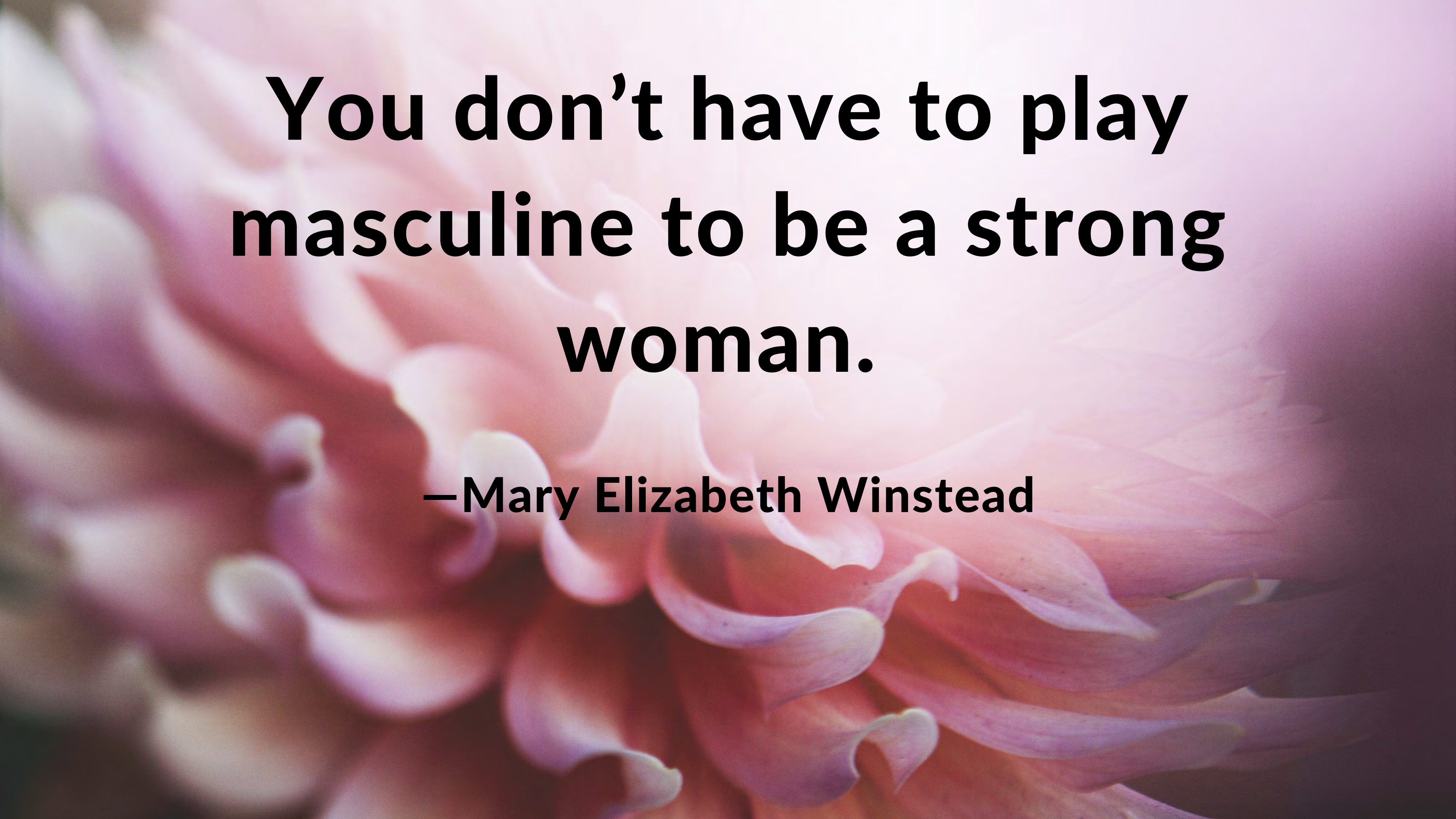
past, future or distracted by thoughts

10 = completely present









**You don't have to play
masculine to be a strong
woman.**

—Mary Elizabeth Winstead



What are you most yearning to
create in your life in the next
phase of your life?

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...





**I have chosen to no longer be
apologetic for my femaleness
and my femininity. And I want
to be respected in all of my
femaleness because I deserve
to be.**

—Chimamanda Ngozi Adichie, writer

Archetypes

Carolyn Myss has organized 70 archetypes and created a variety of tools for us to better understand how we can use them to heal and grow.



**Although archetypes are
impersonal patterns of
influence that are both
ancient and universal, they
become personalized when
they become part of your
psyche.**

-Caroline Myss





Universal Survival Archetypes

Victim
Prostitute
Saboteur

- Teaches us our strengths.
- We all have these because they are vital to our growth and functioning as adults.
- Light and Shadow aspects of these give us balance.

Survival Archetypes

Victim

light - prevents you from letting yourself be victimized by others.

shadow - playing victim for positive feedback in the form of pity. Inability to maintain personal boundaries.





Survival Archetype

Prostitute

light - accentuates the challenge of surviving without negotiating the power of your spirit.

shadow - places material considerations and security above self-empowerment.

Survival Archetype

Prostitute

light - accentuates the challenge of surviving without negotiating the power of your spirit.

shadow - places material considerations and security above self-empowerment.





Survival Archetype

Saboteur

light - highlights your fear of self empowerment and the challenges it would bring to your life.

shadow - induces self-destructive behavior or the desire to undermine others.



Can you recall acting on these
archetypes before?

Victim - poor boundaries & pity vs self protection

Prostitute - material & security vs power of your spirit

Saboteur - destructive to self & others vs understand fear & change



Universal Feminine Archetypes

Queen
Mother
Goddess

- Highlight feminine strength.
- Light and Shadow.



Survival Archetype Queen

light - radiates regal
feminine, uses benevolent
authority to protect others.

shadow - arrogant when
authority is challenged,
controlling and demanding.



Survival Archetype Mother

light - nurturance, patience,
unconditional love, joy in
giving birth to life.

shadow - smothering or
abandoning, instilling guilt in
children for becoming
independent.



Survival Archetype Goddess

light - feminine expression
through wisdom, nature, life
force, sensuality.

shadow - exploitation of
female nature and form.



Can you recall acting on these
archetypes before?

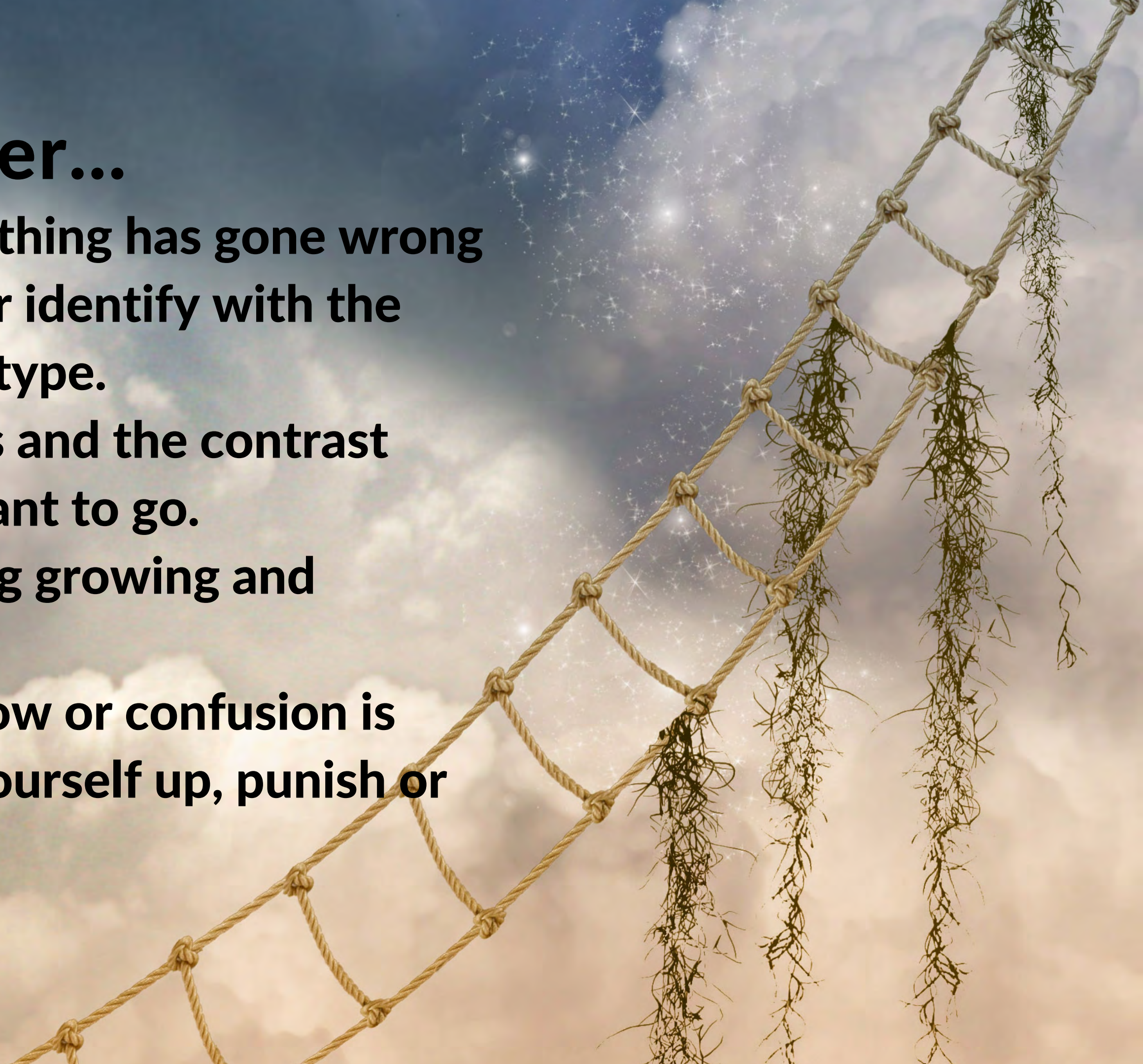
Queen - regal benevolent **vs** arrogant, controlling & demanding

Mother- nurturing, patient, love, joy **vs** smother, abandon, guilt

Goddess - feminine wisdom **vs** exploitation of female form

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.





Visualization of Your Heroine's Journey

















What did you find on your journey?

What was your experience in the visualization?

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



Next Steps in Your Heroine's Journey



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)

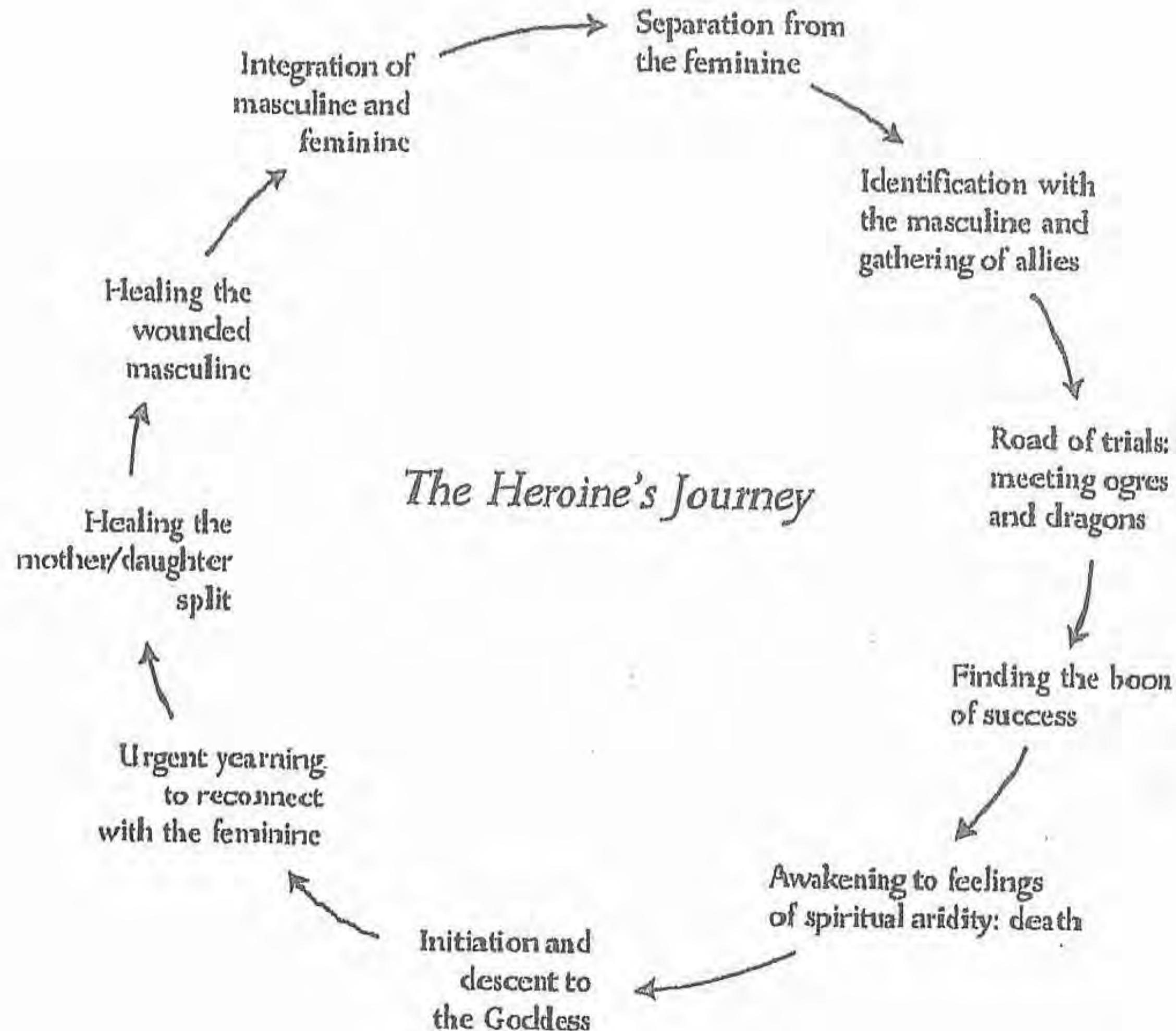


Heroine's Journey Review

Last week you wrote about stages 4-8.

4. The boon of success.
5. Feelings of spiritual aridity/death.
6. Initiation to crisis and despair.
7. Yearning to reconnect with the feminine.
8. Heroine heals the mother/daughter split and reclaims values.

The Heroine's Journey



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

9th step of the journey

- Heroine heals the wounded masculine within.
- Focuses on the light side of the survival archetypes.
- The heroine makes peace with the “masculine” approach to the world as it applies to them.
- Examples: comfortable with doing and being; active and passive approaches to life; feels balanced and less of a need to respond to everything that presents itself; saying no and setting limits.

10th step of the journey

- Heroine integrates the masculine and feminine.
- She begins to face the world/future with a new understanding of themselves and the world/life,
- Integration permits the heroine to see through binaries and to interact with a complex world that includes the heroine.
- Holds perspective that is larger than their personal lifetime or their geographical & cultural milieu.
- Examples: travels to learn, transcends own personal limitations and sees past limits placed on others, learns about and practices cultural humility, practices antiracism, works for justice in some way.

Mantras

- I honor my natural cycles of energy by choosing times of action and rest.
- I accept my changing interests, roles, and preferences without judgement.
- I express my true self in words and actions.
- I balance giving and accepting support.





Purpose





Your Purpose

- Your chosen presence and actions in the world.
- Your purpose is something you decide based on what you enjoy, have an interest in pursuing, and have an ability/aptitude for doing.

Values

- What YOU find most important.
- Personally determined & unique to you.
- Unrelated to others or how you want to be treated.

Committed Actions

- How you show your values to yourself and the world.
- Action (not thoughts or beliefs) and behavior.
- What actions would your integrated heroine take?
- What actions do you take when you are living your purpose?



**Who is Your Heroine when
she is integrated and living
her purpose?**

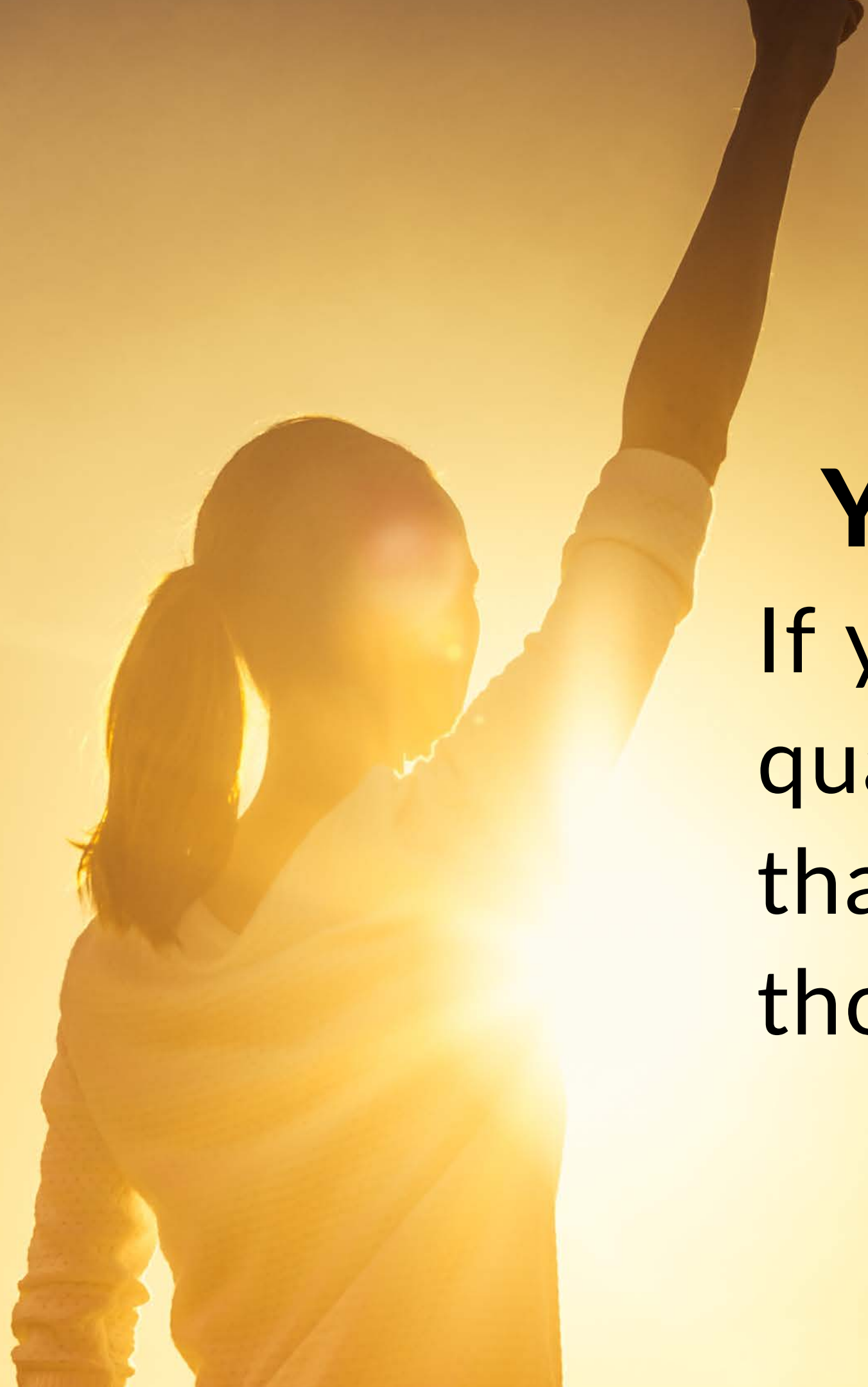
Writing Exercise





Brainstorm

- Describe your heroine at stage 10 (integrated feminine & masculine).
- Be as specific as possible.
- What is your heroine thinking, feeling, saying, and doing when she is authentic, content, and integrated?



Your heroine is you...
If you can imagine these
qualities, you can become
that person and act on
those values.

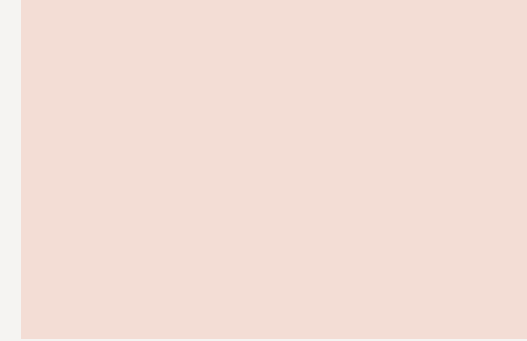


What is your heroine doing when she is balanced?
How do you feel and think about this authentic and
integrated heroine?

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

Haiku

3

**Written
Expression**

4

**Visual
Expression**



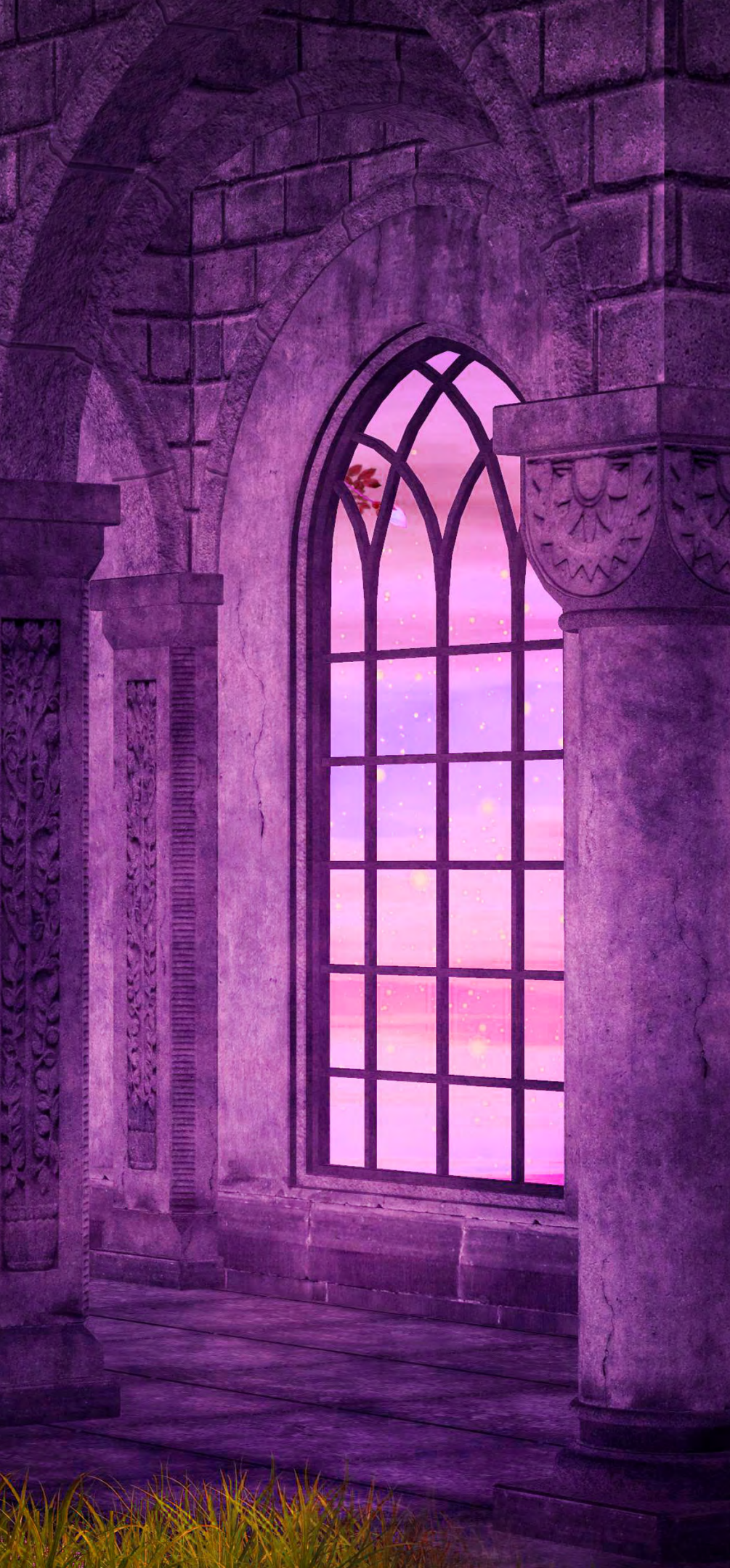
Telling Your Story

- Creative writing activity - steps 9-10 of the heroine's journey.
- 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.

Heroine Haiku

- The title of your poem is some variation on "The Heroine's Journey."
- Next, use the three lines of poetry to describe the character strengths and important qualities of your heroine.
- Haiku formula:
 - Line 1: 5 syllables
 - Line 2: 7 syllables
 - Line 3: 5 syllables





My Heronie's Journey

Curiosity.

Creating something brand new.

Freedom. Abundance.

A hand holding a quill pen over an open notebook. The notebook is open to a blank page. In the background, there are several books, some with quills tucked into them. To the left, there are two small metal containers, one of which is open. A quill pen lies on the left page of the notebook. The scene is set on a patterned surface, possibly a tablecloth or desk mat. The lighting is warm and focused on the notebook and the hand.

Written Reflection

- What was it like to write your heroine's journey?
- Can you see yourself in her?
- What actions will you take to be in alignment with her best qualities?



Creative Expression

- Use magazines or Pinterest.
- Choose one or several images that reflect your heroine's strengths that you want to carry forward in your life.
- Search for archetypes of women, heroine art, or female characters.
- Display them artfully and hang up.
- However you do it will be great!

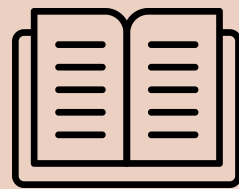


On a scale of 0 -10, how present are you
right now?

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

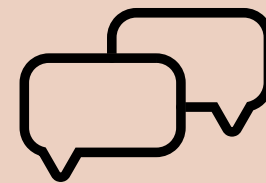
Put both numbers in the chat.

What To Do Next



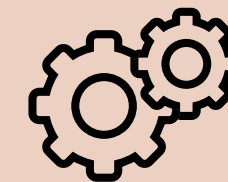
Review

Review
workbook, and
bonus material.



Make the commitment

Schedule 20 minutes a
day & put in your
planner.



Exercises

Read and
complete writing
and art 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



No matter how smart, or creative, or driven, or limited we are, if we are present to the world and ourselves, we will hit the end of the known world. That blankness or darkness, which feels so uncomfortable (or worse), is the prompt that tells us to continue seeking.

-Nancer Ballard



What will you remember about
the Heroine's Journey class?

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

A bouquet of flowers is arranged on a rustic wooden surface. The bouquet features a large pink daisy with a dark red center, clusters of small white baby's breath flowers, and various green foliage including small green buds and feathery greenery. A piece of light brown kraft paper with a scalloped edge is placed in front of the flowers. It has the words "Thank you!" written in a dark brown, cursive script. A small, circular, maroon-colored tag with a gold-colored ring is attached to the kraft paper with a piece of light brown twine. The background is a blurred wooden surface.

Thank
you!