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Love yourself & Heal Yourself

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**Nelson Lecuane & Anthony Carroll**

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## **What others are saying about the Hero's Journey workshops**

"The story of the rock. It already inspired me to get my legs up to Stickle Tairn. But it just shows the importance of trying every day, not giving up and persistently trying to 'move the rock' that there is something good to come from it" – **Erin**

"I now feel I have a better understating of each dimension and how they all need to come together in order to complete the journey." -**Riva**

"I thought it was explained very well. I left the workshop more mindful thay i need to nuture each dimension for growth" -**Stan**



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# THANK YOU



## To Dr. Joe Dispenza

Thank you for being and for living an extraordinary life and for inspiring so many others to do the same. Your work continues to transform lives. The Dr Joe Dispenza experience is truly amazing. Thank you.

The lives of ancient and modern human beings who have started and completed their Hero's journey, teach us that no Hero's Journey is ever a solo endeavor. Along the way, we all need helping hands to guide us through challenges and obstacles. I didn't arrive where I am today by accident—it was through the love, support, and wisdom of many remarkable souls. While I can't name everyone in these few pages, please know how deeply grateful I am for each and every one of you.

I want to extend special thanks to Karen and Leia for their unshakable support and enthusiasm. To Jag, whose tireless dedication and countless

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hours have breathed life into the Hero's Journey—thank you from the depths of my heart.

To Simon Squibb, thank you so much for inspiring us to believe in ourselves. You are a wonderful Hero.

To Anthony Carroll—thank you for wholeheartedly embracing the Hero's Journey and sharing it with your family and workplace. To Gael and her wonderful team at the Generator in St. Peter's Square, Emma, Michael, Philip, Sam and Temi, thank you very much indeed. Your love and support have been invaluable.

To Joni and Tiernan at Business and IP Centre, Thank you very much indeed for your kindness. To my wonderful friend Stephen Munro. Thank you very much indeed for your time and the wonderful hours dedicated to mythology.

To the Mandem family—Jamie, his team, and all the Mandem brothers in Manchester and Wolverhampton—your enthusiasm and solidarity have been a source of great strength. Special thanks to my brother Christian and the Mandem Wolves family for championing, living and breathing the Hero's journey.

To brother Rolo, thank you for the rich insights and wonderful meditation sessions.

To Imani, thank you very much indeed. Your priceless advice has been a guiding light. And to Pablo, Fredy, Djuka- Robert, Dembe, Carla, Fiori, Cris, Megan, Tupac, Vinni, and all the staff that make the incredible team at Motel One in St. Peter's Square, Manchester—thank you for your kindness and generosity. Thank you very much indeed to my brother Ally for the support from day 1. Thank you so much for your kindness.

## Thank You

To the ever-inspiring Angelo and Yunus—your belief in the Hero’s Journey has meant the world to me. To the Champs Camp family, Maurice, Donovan, and all the brothers and sisters—thank you for the excellent hours dedicated to boxing, physical and mental fitness.

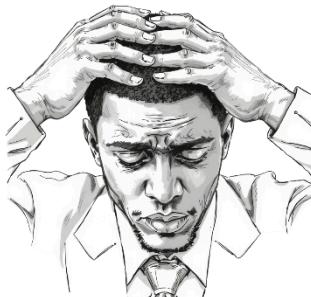
To my brother Steve, Loz, and all the *Fighters at the Mag* community, thank you for the “delicious hours”. To my dear friends Noah and Joseph, your contributions have been instrumental in growing the Hero’s Journey.

To my beautiful sister Sahala—your advice, love, and kindness never go unnoticed. To Neil, Luca, Johnny in Lisbon, and Angelo Glez in Spain—thank you for your unwavering belief in this project. To my mentor, Jose Geraldo, your guidance has been transformative. And to Carlota in Mérida, thank you for your support and kindness.

To everyone who has believed in the Hero’s Journey and used it to transform his or her life, thank you for trusting in its power. To my sister Pam, Shaun, and the entire Lindsay family—Thank you for your kindness.

This journey has been shaped by the hands and hearts of many. To all of you who have walked alongside me, inspired me, and believed in me—thank you. Together, we continue to grow and will overcome the challenges of life through the Hero’s journey.

# INTRODUCTION



In 2010, I was living the dream physically, emotionally, and psychologically. Nestled in the idyllic Cotswolds, surrounded by rolling hills and tranquil beauty, I had what many would envy: a well-paid job as a multilingual analyst, working the classic Monday-to-Friday, 9-to-5 routine. Life felt marvellous, almost perfect. But that summer, my seemingly perfect world collapsed.

It began with a run, an ordinary part of my day. When I returned home, I noticed several missed calls on my mobile. They were all from my family—my brothers. A sense of unease washed over me. Just as I was about to return one of the calls, my phone rang again. It was my brother. Apprehensively, I answered.

“Father passed away this morning,” he said.

At that moment, everything froze. The reason for the barrage of missed calls became devastatingly clear. I didn't think; I simply moved through a whirlwind of emotions. I texted my manager to inform him I'd be taking a few days off, booked a flight to Lisbon where my father lived, and prepared to say my goodbyes. I didn't realise back then but the inner world fell apart. Less than ten days later, I was back at work, pretending life had returned to normal. I convinced myself, as many do after such a loss, that I could simply push through. I wore the mask of the busy employee, hiding my pain beneath the routine. But the universe had other plans for me. It was keen to send me another "call to adventure".

In the autumn of 2012, another call came from my brother. His voice carried the same weight as before.

"Mother has died."

This second loss shattered me. At the time, I didn't understand the concept of the Hero's Journey, so I couldn't see these events as calls to adventure. My mother's death was the final straw. I resigned from my job, left the Cotswolds, and returned to rainy Manchester. In Manchester, I lived in an old house in need of refurbishment. I unknowingly began the process of healing, investing and rebuilding myself.

The old house needed a library. Determined, I went to B&Q, bought the materials, and loaded them into the boot of my car. Over the following weeks, I built a large library that eventually housed over 300 books. This became my sanctuary, a place where I devoured knowledge with a ferocity I'd never known. I thought books would help me to heal. They did but not to the extent that I wanted or needed.

One winter evening, sitting in the car with my partner, we stumbled upon a podcast. A man was speaking about ancient Egypt, a subject I'd never

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explored deeply before. Initially, I wasn't interested, but my partner insisted we listen. The speaker, with his profound insights, captivated me. He spoke of Akhenaten, an ancient Egyptian king, and how the biblical figure Moses might have been inspired by him. He mentioned Joseph Campbell and the Hero's Journey, linking it to a mythical Kemetic figure named Hrw. This was the moment everything changed for me.

I researched the Hero's Journey obsessively, eventually contacting the podcast speaker and asking if he could guide me through it. He agreed, and that decision became a turning point in my life. The Hero's Journey literally saved my life, helping me navigate one of the most challenging periods a person can endure.

I share this not to be dramatic but to illustrate the transformative power of the Hero's Journey. Let me tell you about another story—one of a man who didn't discover this path in time.

## A Chance Encounter

In the summer of 2024, a friend and I were sitting in a hotel lobby in central Manchester. We decided to walk to a nearby Sainsbury's for some water. While my friend paid, I stepped into a pub across the street to use the toilet. When I returned, I found him speaking with a man who appeared homeless.

"Nelson, tell him about the Hero's Journey," my friend urged.

The man, though rough around the edges, wore a clean jacket and didn't fit the typical image of homelessness. Intrigued, I agreed.

"Your life," I began, "is made up of five dimensions: spiritual, emotional, social, professional, and biological dimensions.

- Homeless man; What's inside my spiritual dimension?" Your mental health, your thoughts, your emotions and your soul.
- Homeless man: "What makes up my emotional dimension?"

Your emotional dimension has 4 families:

1st your biological family, mother and father, grandparents, siblings, cousins etc.

2nd Your soul's family, the family that you create with your spouse.

3rd Your social family, your friends, work colleagues etc.

4th Your 4th family is your Hero's Journey family.

When a crisis disrupts one of these dimensions, you face a choice: embark on the Hero's Journey or remain trapped in the Victim's Journey.

The man nodded, his eyes reflecting understanding as I explained. He then shared his own story—

"I get it now. I finally understand what happened to me. When I was about 14, my parents divorced. My father moved out, leaving a hole in our family. He used to call home and ask to speak with me, and at first, I'd oblige. But as time went on, I began avoiding his calls. I was hurt, confused, and didn't know how to cope with his absence.

Whenever the phone rang, I'd ask my mum to tell him I wasn't home. Sometimes, I'd even run away from the ringing phone, hoping to avoid the painful conversations altogether.

Then, one day when I was 19, everything changed. I'd been out with a friend and returned home at 5 a.m. Almost as if by fate, the phone rang at exactly 5:01 a.m. I answered, and it was my dad. We spoke for over an

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hour—our longest conversation in years. Later that evening, we received the news: my father had died.

My dad's passing hit me hard. He'd left me £1 million. It was an overwhelming amount of money for someone my age. Not long after, I met a man who was also a millionaire. He lived in a big house, but he had a dark side—he was heavily into drugs. I thought to myself, *If he's a millionaire and he's doing it, how bad can it really be?* That's when I fell into the same trap. I got hooked on cocaine.

I lost everything. Every penny. More than that, I lost myself.

Hearing about the five dimensions and the Hero's Journey now, it all makes sense. I understand my path, the mistakes I made, and the lessons I need to learn. When can I start my Hero's journey?"

## How It Impacts You

Although the Hero's Journey wasn't designed specifically for mental health, it offers profound insights into overcoming life's challenges which can impact your mental health and your life.

The Hero's Journey provides a framework to navigate crises that inevitably touch the five dimensions of life: childhood trauma, addiction, career changes, relationships, personal growth, and more.

This book introduces the Hero's Journey through dialogues, featuring real stories like Anthony's, ancient and modern people who have embarked on the Hero's journey. As of this writing, Anthony is in the seventh stage of his Hero's Journey, actively healing and transforming his life. He has succeeded in overcoming addictions and self sabotaging behaviours that derailed his progress for years. His story, like mine, serves as proof that this ancient framework can guide anyone through self-healing and recovery.

Through the Hero's Journey, we can face our greatest trials, discover our inner strength, and emerge transformed. This book invites you to begin your own Hero's journey. It may just change your life.

## Synchronicities:

Several months ago, I began a practice of sitting in silence and meditating. During one of these sessions, I expressed heartfelt gratitude to the Divine, my higher self, and the vast consciousness that connects us all. I asked for guidance to meet a lady who specialised in finance. I had no idea how to find someone like that amidst the millions of people in my city.

It wasn't as if I could stand in the street with a big sign declaring, "***I need a woman who works in finance to help me with an important matter!***" That wasn't an option. My challenge was clear: I needed someone with specific skills, but I had no clear path to find her.

Unlike the old me—who would have panicked in such a situation—I embraced the lessons I'd learned on the Hero's Journey. I stayed calm, connected to my higher self, and trusted the process. I meditated a few more times on the matter, expressing gratitude as though my request had already been fulfilled. Then, I let it go. The thought left my mind entirely.

One sunny Saturday morning, I woke up and got ready to take my daughter to her ballet class in the city centre, about 20 minutes away. After dropping her off, I had 45 minutes of free time. I decided to take a stroll in the sun and find a quiet spot to read the small book I had brought with me.

Wandering through the city, I came across a bridge near the river, surrounded by modern apartment blocks. In the open space ahead, I noticed two benches. A lady was seated on the one to the left. I walked up and, with a friendly smile, asked if I could sit on the other bench. She nodded.

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As I settled in, I began reading. After a while, the lady turned to me and asked, “Is that book any good?”

“Yes, it is,” I replied. “It’s about small business branding.” Then I asked, “What about you? What are you reading?”

“Oh, boring stuff,” she laughed. “I’m preparing for an exam.”

I smiled. “I’ll leave you to it, then! How’s it going?”

“Not bad,” she said. “I live nearby and thought I’d come out here to study. I’m halfway through.”

“When’s the exam?” I asked.

“Next week. It’s for my work—I need to pass to progress in my career.”

Curious, I asked, “What do you do?”

“I’m an accountant,” she replied.

“No way!” I exclaimed, smiling. I couldn’t believe it. I told her about my meditation and gratitude practice, how I had asked to meet someone like her. She was astonished and eager to know more.

“How do you manifest things like that?” she asked.

I shared with her the principles of the Hero’s Journey and the beauty of synchronicities.

“Synchronicities?” she asked.

“They’re gifts from the universe,” I explained. “When you connect with your higher self and align with the divine within you, these seemingly magical coincidences occur.”

She smiled, intrigued. “You don’t seem surprised it happened.”

“Not anymore,” I admitted. “I used to be, but now it feels natural. When you embark on your Hero’s Journey and do the inner work, you realise that the divine—the god or goddess within—has the power to create wonders.” The secret is in the Hero’s journey.

## The Divine Within you

The Hero’s Journey teaches us that myths, gods, heroes, and monsters are not just ancient tales; they are symbols of energies within us. Once you step onto this path, you tap into the divine energy that activates synchronicities and transforms your reality. The energy which we call Divine, God and Goddess, Theseus, Hrw, Ariadne, the divine within you is the Hero who is capable of solving all your problems and guiding you towards bliss.

## Meditation: A Gateway to Creation

Meditation, visualisation, and breathwork are powerful techniques to connect with your higher self. These practices help you manifest the reality you desire. While this book doesn’t delve deeply into meditation, it offers exercises to gently introduce you to the practice. At the end of certain chapters, you’ll be invited to “go into the silence.”

As you immerse yourself in the Hero’s Journey, you’ll encounter a profound duality:

- The old self vs the new self
- The higher self vs the ego( the lower self)
- The world of the senses vs the quantum field
- The Hero vs the Monster

Letting go of the old self is an essential task. Synchronicities are the jewels created by the new self.

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“How to use synchronicities to transform your life?”

Meditation, either guided meditation or silent meditation is an excellent tool which you can use to bring in synchronicities.

You can use synchronicities to transform;

- Your health
- Your finances
- Your social dimension
- Your love life
- Your professional life
- Your future

This book will gently introduce you to meditation. Meditation is an essential practice of the Hero's journey. Trust in the Hero's journey because the Hero's Journey is a magnificent adventure, one that transforms your inner and outer world. I'm honoured to guide you into this extraordinary path. Let the journey begin.

## **Exercise 1 - Let's go into the silence - Silent meditation - 15 minutes**

Step 1 Find a quiet place ideally inside your house

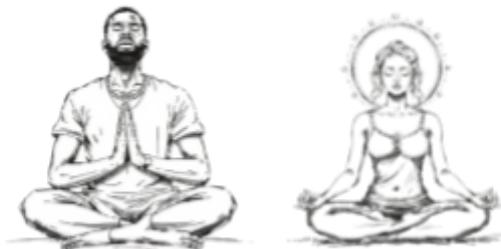
Step 2 Sit comfortably - You can lay down if you laying down makes you feel comfortable

Step 3 Close your eyes and go into deep silence. There will be noise around you, cars, maybe people, children, it's part of the journey. Don't chase or pay attention to them!

Step 3 Bring your mind & body to the present moment

Step 4 - When you finish your session simply open your eyes and say "Thank you Divine"

At first, it will seem very difficult to be in the sacred "present moment". Your mind will try taking you to all kinds of places. Don't be upset. That's part of the journey. Whenever your mind wanders, simply tell yourself, I am here now, Thank you Divine. This meditation is 15 minutes because the first 5 minutes are usually dedicated to finding yourself and returning to the present moment. Always strive to be in the "Now". Everything amazing "happens in the Now - the present moment.



# 01

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## DO YOU NEED THE HERO'S JOURNEY?



- Anthony: “Hi Nelson, thanks for joining me today. I’m really excited to hear you explore the Hero’s Journey. When I told my friends about it, the first thing they asked was, ‘Do I need the Hero’s Journey?’”

“That’s a great question,” I replied. “But a better one might be, ‘Do you need healing?’”

- Anthony: “Healing from what?”

From current or past events—physical, emotional, or psychological injuries—you may have experienced during the seven stages of your physical and spiritual growth.

- Anthony: “What are the seven stages of physical and spiritual growth?”

The 7 stages are phases of growth which humans as well as animals go through.

## The Seven Stages of Physical and Spiritual Growth



Let me tell you a story. A few months ago, a 30-something old lady got in touch with us. Let's call her Angela. Angela's quest was to understand why she'd experienced a miscarriage. “I'm healthy and eat well,” she said. ‘I'm trying to understand the cause so it doesn't happen again.’

“What are your stress levels like?” I asked her.

“Quite high,” she admitted. ‘I've always been a stressed person, though I don't know why. My husband and friends say I get stressed for a living.’

“Let's look at the seven stages of your physical and spiritual growth,” I suggested.

- Anthony: “Did you find the cause of her stress?”

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Yes, we did. Let me take you through the seven stages, and it will make sense.

### Stage 1: Birth and Culture

The first stage begins at birth. You come into this world as a baby, born into a family, a community, a country, and a culture. None of these are your choice. You inherit them. For instance, if you're born in China, you hear Chinese words and learn to speak Chinese by default. In England, you might hear conversations about the Royal Family, the weather, and the Prime Minister. Your parents might take you to the local pub, where you will hear people talking about "Sunday Roast Dinner" and "Pints".

The culture, the environment you're born into becomes your invisible clothing—it shapes your beliefs and behaviors. If your family comes from a background of trauma, violence, or addiction, those patterns may subtly weave into your life. Conversely, you might be born into a family of critical thinkers or wealthy merchants, and those qualities would influence your worldview.

- Anthony: "So, even billionaires and magnates are shaped by their upbringing and environment?"  
100%.

- Anthony: "Donald Trump's parents weren't presidents."

They were wealth creators. Trump's parents and grandparents were in the real estate business. That's exactly what Trump has done his entire life. His children and grandchildren will inherit and perpetuate that culture. The culture and mindset of your family and community are powerful. They're like an operating system running in the background. Freeing yourself from those patterns, especially if they're limiting, can be challenging.

## Stage 2: Childhood

This stage spans from ages five to ten. It's the golden age of innocence and discovery. As a child, you run, shout, and explore with boundless curiosity. It's pure joy—a time of learning about the world around you.

- Anthony: “What about age ranges? Is it always the same?”

For most, yes, because although we are born in different countries and continents and are of different sizes, shapes, and colors, we are all human and have to go through the “experience of being human.” Between five and ten, you’re a sponge, soaking up experiences and forming your earliest memories of connection and wonder.

## Stage 3: Adolescence

From age ten to twenty-one, you enter the teenage years—the age of rebellion. This is when you discover your favorite musicians, experiment with fashion, and, often, fall in love for the first time. For some, it’s also a time of experimentation with alcohol, drugs, or risky behaviors. It’s a stage filled with exploration but also vulnerability.

- Anthony: “Sounds like when people fall into the wrong crowd or make poor decisions.”

Exactly. It’s a stage of identity formation, often marked by mistakes and lessons.

## Stage 4: Adulthood



From twenty-one to sixty, you're in the stage of adulthood. You're expected to be independent, to work, pay bills, and possibly raise children. This is when most people take on what I call "the world's career."

## Stage 5: Elder

This stage begins in your sixties and seventies. It's the sunset of life, a time to reflect on your journey. For some, it's filled with contentment, travel, and discovery. For others, it brings challenges like loneliness, financial struggles, or regret. How you experience this stage often depends on the choices you made earlier in life.

## Stage 6: Transition

This stage is symbolized by the eagle, representing the soul taking flight. It's what most people call death, though I prefer to see it as a transition to another realm. Your physical journey ends, but your essence continues.

## Stage 7: Rebirth

Finally, we have rebirth, symbolized by the flower. Depending on your spiritual beliefs and the experiences you had in this life, you may return in another form.

- Anthony: “How do I use this framework—the seven stages of physical and spiritual growth?”

Start by asking yourself, ‘Where am I today? What happened in the earlier stages of my life? Do I need healing before I move to the next stage of my journey?’ For most people, something significant happens in the first three stages that creates a need for healing. That’s where the Hero’s Journey comes in. For others, it’s a midlife crisis that hits them during their fourth stage. I once met a highly respected scientist who resigned from his job, left his 25-year career, and decided to study theology in order to find God.

- Anthony: “I lost my father when I was a little boy—that’s stage two. And even though I have my own business now, I feel like I’m struggling emotionally and spiritually. I reckon my addiction is a mask I use to hide those struggles.”

Exactly. By understanding where you’ve been and what you’ve faced, you can identify the healing and growth that you need in order to move forward.

## Angela’s Seven Stages

- Anthony: “What happened to Angela, the lady you mentioned earlier?”

Angela looked at the seven stages framework and reflected. She then told me that her mother had experienced a postnatal crisis and couldn’t bond with her. She was raised by her aunt and grew up believing her mother didn’t love her. She developed fear and anxiety. Angela’s fear made her anxious about having children of her own. Her stress stemmed from that unresolved emotional wound she got during the first three stages of her life.

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- Anthony: “I definitely need to heal myself from stuff that happened to me during the second, third, and fourth stages.”

Understanding these stages can help us heal and move forward with clarity.

- Anthony: “Thank you, Nelson. This has been eye-opening.”

You’re welcome, I said, smiling. “The Hero’s Journey is here to guide us all.”

# 02

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# SYNCHRONICITY



Let me tell you another story about synchronicity.

- Anthony - Please.

A few years ago, I discovered a wonderful book written by an American writer called Joseph Campbell. Mr. Campbell was born on the 26th of March, 1904, in New York. One day when he was a little boy, Joseph Campbell's father took him to a museum in New York. There, the young boy discovered the myths and stories of the Native Indians. Little did he know that the trip would help him find his life's passion: mythology. In 1949, Joseph Campbell published a book called "The Hero with 1000

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Faces". One of my favorite books. The Hero with 1000 faces is also one of the most influential books of all time.

- Anthony - What does this story have to do with synchronicity?

A few weeks after writing a short book called "The Hero's Journey" , I called a local men's charity and asked to speak to one of the directors.

The gentleman who answered the call asked for the name of the director I was looking for. I didn't know the name of the director, so I didn't give any name. He asked me for my name, email address, telephone number, and the subject I wanted to discuss with the director. I gave him the information he asked for and said goodbye.

"One of the directors will contact you shortly," said the gentleman on the other side of the telephone a few seconds before he hung up.

I went to bed and I forgot about the whole thing. I went on my journey and kept myself busy. A day later, I checked my email and saw a message from a sender called Joseph Campbell. I opened the email, and it was one of the directors of the charity. He was very keen to meet and talk about "The Hero's Journey".

- Anthony - Nelson are you making this stuff up?

No, I am not. Happy to give you the name of the charity.

- Anthony - Wow, that's very interesting indeed.

That's Synchronicity. Whatever you ask to the universe, the divine, the source, it will manifest whenever you least expect it. Have no expectations. "Ask, and you shall receive."

Anthony - That's from the Bible. This stuff is very ancient.

Indeed. Whatever you ask, it shall come to you as synchronicity. I have been reading Joseph Campbell's books for years. I am in love with the Hero's Journey, and out of the blue, I get an email from a gentleman called Joseph Campbell.

- Anthony - Wow.

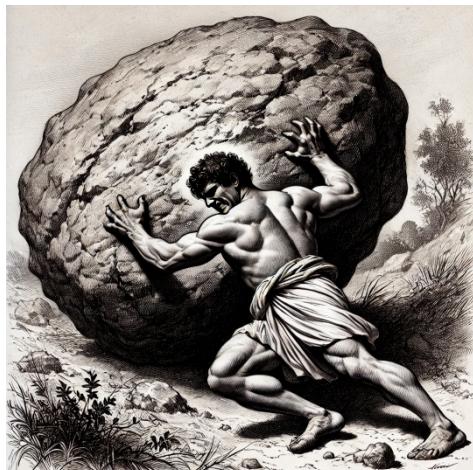
When you tap into this elevated frequency, your life becomes magical rather than accidental. Amazing stuff starts to happen. You get connected to something bigger than yourself—a vast ocean full of possibilities. Dr. Joe Dispenza, an amazing example of a Hero who has started and completed the Hero's Journey, calls this ocean "The Quantum Field." You close your eyes, connect to the field, and create the reality you want. Whatever you create will eventually manifest in the screen of reality. It will come to you when you least expect it.

- Anthony - Synchronicity. Thank you.

# 03

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## THE ROCK



- Anthony: I grew up listening to the stories and adventures of the Greeks. I remember my uncle Fred telling me about the Argives—the Greeks who went to Troy to rescue a truly beautiful lady named Helen, who had fallen in love with Paris. I also recall receiving a short book called *Greek Myths* as a Christmas present from my aunt. It was about 100 pages, with a yellow cover. That book introduced me to stories like Prometheus, the hero who stole fire from the gods and gave it to humankind. Prometheus was one

of my favorite heroes. Should I ignore the Greeks and study the Kemites, the ancient Egyptians?

No. On the contrary, you should cherish and celebrate heroes from every culture. Every culture celebrates its heroes. You can travel to Japan, Lagos, New York, Kabul, Guadalajara, or Rio de Janeiro—it doesn't matter where—you will find heroes. Hollywood often creates the illusion that heroes are mostly male and of Western origin, but every culture has its own heroes. A hero is anyone who brings light and inspires others.

- Anthony: Just like the Eye of Ra and Prometheus.

Yes. Look at the word Prometheus. Prometheus, *promise, prometer*—he promised to bring the fire to humankind. He offended the Gods and Goddesses after saving humankind from living in perpetual darkness. Prometheus sacrificed his life for something bigger than himself. That's saving others.

- Anthony: Another Greek hero.

The Achaeans, the people we now call the Greeks, had a rich and fascinating mythology.

- Anthony: Can you please share one of their stories with me?

Yes. Thousands of years ago, in a village called Troezen, a 17-year-old boy lived with his mother. He had never known his father. He was a hardworking and well-behaved young man.

- Anthony: What was the boy's name?

Theseus. His mother's name was Aethra. One morning, Aethra said to Theseus, "There is a large rock in the pine forest. Go there and move that rock."

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Theseus followed his mother's instructions. When he arrived at the forest and saw the rock, he was shocked—it was bigger than he was! But he was excited to discover what might be hidden beneath it. Theseus spent days and nights trying to move the rock, giving it his all. Exhausted, he finally went to his mother.

- Theseus: Mother, the rock is too big.

Aethra looked at her son and said, “Keep trying. Wait until next summer if you have to.”

But Theseus couldn't wait another summer. He returned to the forest and kept trying. One day, he succeeded in moving the rock. Beneath it, he found a magnificent sword and a pair of sandals. Picking them up in awe, he rushed back to his mother.

- Theseus: Mother, is my father a great warrior?

Aethra knew it was time for her son to leave and find his father. Tears welled in her eyes as she said, “Your father is Aegeus, the king of Athens. Go to Athens and meet him.”

Overcome with excitement, Theseus prepared for the journey.

- Anthony: I can see the sequence here. After discovering the sword and the sandals, Theseus left his comfort zone to embark on his Hero's Journey. That's the first stage—leaving the familiar to pursue the realization of a quest.

Yes. Aethra loved her son and wanted him to succeed, so she advised him, “Avoid the roads; they are full of vagabonds, thieves, and murderers. Go by the Coast instead.”

But Theseus, too eager to listen, took the roads anyway. Along the way, he encountered the dangers his mother had warned about.

- Anthony: Who tried to stop him?

There were several obstacles. Periphetes, a bandit who killed people with an iron club, Sciron tricked travelers into washing his feet by a cliff, only to kick them into the sea where a giant turtle devoured them. Then there was Sinnis, the Pine-Bender, who killed people by tying them to bent trees and letting them snap back. Cercyon, a wrestler and king of Eleusis, challenged travelers to fight and killed them when they lost. Finally, Procrustes, a cruel trickster, forced people onto a bed, stretching or cutting their limbs to fit it.

- Anthony: Nasty people. What do these stories mean?

They symbolize the challenges and trials anyone on the Hero's Journey must face. It's not easy to start and complete the Hero's journey. Becoming the hero of your own life isn't a walk in the park. As soon as you set out toward your goal, obstacles will arise.

- Anthony: Were these real people or myths?

Theseus, Procrustes, and others are mythical characters—archetypes and metaphors that exist within us all. They evoke emotions and teach us about the trials we must overcome to transform ourselves. These myths transcend age, gender, race, and creed, showing us who we can become if we accept the call to adventure.

- Anthony: I think I understand now. The rock that Theseus moved was symbolic.

Yes. The ancestors who created this story are asking: ***What is your rock?***

- Anthony: ***My rock?***

Yes. What's your rock? Before Theseus began his Hero's Journey, he had to move a literal rock to discover his identity. Beneath it, he found the tools his father had left for him—a sword and sandals. Theseus's rock represents the

## The Hero's Journey

obstacles hiding your true identity. What's beneath your rock? Addiction to alcohol, weed, or other substances? Fear, anxiety, trauma, procrastination, or self-doubt?

- Anthony: My rocks? I'm addicted to alcohol and weed. Those are my rocks.

Your rocks slow you down and block your progress. The Hero's Journey is about identifying and overcoming those rocks to discover your true self.

- Anthony: This subject is deep.

You've taken the first step by naming it. Moving that rock will reveal the tools you need to become the hero of your life. Moving your rock will also enable you to heal your 5 dimensions.

- Anthony - What are the 5 dimensions?

That's the subject of our next session. Let's take a break and reflect on the rock.

## Exercise

Thank you for reaching this stage so far. Take a pen, pencil and paper and answer this question.

What's my rock? (it could be addiction, trauma, self esteem, self confidence...).

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The biggest rock in my life is;

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What's your Quest?

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My quest is to move this rock. That's slowing me down. I'll start my Hero's journey in order to move this rock.

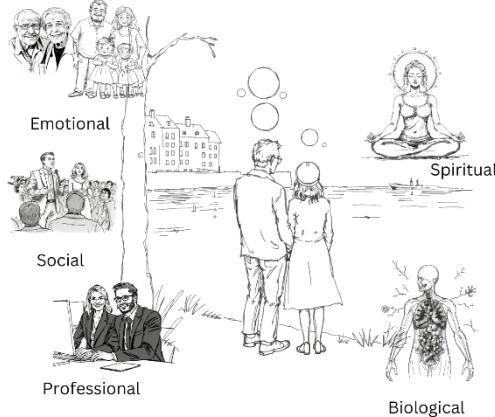
This is an important exercise because by moving your rock, you will discover your true self, your true identity.

Learn more about the rock at [www.theherosjourney.co.uk/what'syourrock/](http://www.theherosjourney.co.uk/what'syourrock/)

# 04

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## THE 5 DIMENSIONS



- Anthony - Hey Nelson - I used the tram to get home last night. As I sat on one of those comfortable seats of the tram, I looked at the landscape outside and allowed myself to get lost in contemplation. I thought about the subjects we discussed earlier. The rock, the Hero's journey, the sword, the sandals, the obstacles. I am excited and keen to explore the 5 dimensions that you mentioned last time we met. What are the 5 dimensions?

The 5 dimensions are;

1. Your Spiritual dimension - That's your mental health, thoughts, mind & soul
2. Your emotional dimension - This dimension is made of 4 families
  - 1st family. Your 1st family is your biological family; that's you mother and father, siblings, grandparents, aunties and uncles etc
  - 2nd family. Your soul's family, the family you create with your spouse, your children & grandchildren.
  - Your 3rd family is your social family. Your social family is made of friends and community.
  - Your 4th family is made of people who are on the Hero's journey.
3. Your 3rd dimension is your social dimension. This dimension is made up of community and society. What role do you play in society? That's a great question to ask in this dimension.
  - Anthony - What's the 4th dimension?
4. Your 4th dimension is your financial/professional dimension. This dimension is made up of your sources of income and your profession.
5. Your 5th dimension is your biological dimension - your immune system and your physical health.
  - Anthony - Ok, I'm getting this. My thoughts, my mind, my spirit and soul make my spiritual dimension. This makes sense to me. Sometimes I worry too much about the future and get into

## The Hero's Journey

overthinking. These are the 5 dimensions. Can you please help me to understand the professional dimension?

Yes. The professional dimension has two careers.

- Anthony - Two careers?

Yes, two careers.

1. The world's career
  2. The soul's career
- Anthony - What's the world's career?

The world's career is the job you do in order to pay your bills. People go to school, college and then University where they are trained. They learn a set of skills which make them professional. After the training is finished they get a job title; nurse, plumber, accountant, PD, engineer, engineer etc. There are many people who don't like and aren't passionate about their world's career, however they work in those jobs because they need to pay the bills. This dedication to survival causes all sorts of storms inside the spiritual and emotional dimension.

- Anthony - So why do they do it?

Because they need to pay the bills. That's the nature of the world's career

- Anthony - I get it. I consider myself lucky because I have a job that I really love. I work for myself and do what I love doing, I am aware that very few people in society can afford to work for themselves.

That's the soul's career. Pablo Picasso, born in 1881 in Malaga, was a prolific painter who spent his entire life painting and exploring subjects that were close to his heart. Apart from being a painter, Picasso was a die hard communist.

- Anthony - Painting was Picasso's soul's career.

That's the career chosen by your heart rather than your mind. Mother Teresa of Calcutta spent her entire life looking after orphaned and rejected children. She was not paid to do that job.

- Anthony - It was her soul's career.

Indeed. The Hero's journey gives you the tools for you to transform your talent, skills and passion into your soul's career. Everything will go according to plan until a crisis hits one of your dimensions.

- Anthony - *A crisis?*

Yes. The 5 dimensions are interdependent. They can exist by themselves, however they need other dimensions in order to thrive. You can have a great job but if you don't have a solid circle of friends, your social dimension, you will limit your potential. You will find it hard to go up the social ladder. You can be very good at socializing but if you don't take care of your finances, you will struggle to make ends meet. There will be a point in your life when one of the 5 dimensions will get into crisis.

- Anthony - So that's when you need the Hero's journey.

Yes. We start our Hero's journey to heal our 5 dimensions.

- Anthony - This makes perfect sense to me. Before starting my journey I was struggling on many levels. I struggled emotionally because of memories of my father who died tragically when I was a little boy. My emotional struggles led me to addiction. Alcohol and substance addiction. Thank you for introducing me to the 5 Dimensions.

You are welcome. Let's end our session and meet tomorrow. Tomorrow we will explore the Hero & the Victim's journey.

## The Hero's Journey

- Anthony - I can't wait. Thank you very much indeed.

You are welcome.

## Exercise

Observe your life.

How healthy are your 5 dimensions?

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Which dimension requires your urgent attention?

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What's the state of your spiritual dimension?

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What's the state of your emotional dimension?

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## The Hero's Journey

What's the state of your social dimension?

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What's the state of your professional dimension?

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What's the state of your biological dimension?

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# 05

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## HOW DO YOU BECOME A HERO?



- Anthony - Hey Nelson, thank you for being here with me and for sharing your ideas, concepts, and knowledge. People say that knowledge is power, and it truly is. The right knowledge has the power to help you understand yourself and others. I'm glad to be here, discovering ancient and modern mysteries. How do I become a hero?

## The Hero's Journey

There are millions, billions, even trillions of ways to become a hero. Everyday, the creator, some call it “the universe, God, the Goddess, the Source, or Energy, creates opportunities and sets the stage for us to play the role of either the destroyer or the savior, the Hero or the Monster. The mysterious universal source gives you the opportunity to become a hero to your family, community, and generation. A managing director who notices an employee struggling with depression and addiction, a father helping his son to resist the pull of gangs and crime, or a teacher supporting a child from a single-parent family, the professional working on the 111 call center, all have the potential to be heroes. The key lies in knowing what to do and how to do it. If you don't know what to do, you can easily go through the victim's journey.

- Anthony; What do you mean?

I'll share a story with you.

- Anthony; Thank you.

My daughter's birthday is on December 12th. Months before her birthday, we booked a very big venue called MAG, which stands for Manchester Academy of Gymnastics.

- Anthony: Why hire such a big place?

My daughter practiced gymnastics at MAG, and it was well-equipped to accommodate 19 children.

- Anthony; I see.

The party was scheduled for 12:30 PM on a Sunday. On the day of the party, my daughter and her mum went to MAG in the morning to practice gymnastics. To their shock, they found the place closed. Inside, there were two coaches who knew my daughter well. Both were in their late teens.

Concerned, my daughter and her mum knocked on the door. A few minutes later, the coaches came out and delivered the dreaded news.

- Coaches; There aren't any classes today because there's no electricity. We think the storm damaged the grid.
- Anthony; Jesus Chris

My daughter and partner weren't expecting that surprising update. The coaches, who were both teens, tried to reassure them by saying, An electrician is on the way. Go home, and we'll call you or send you a text with an update."

My daughter and her mum returned home earlier than expected. When I heard our front door's close. I asked, "Why are you back so soon?"

- My Daughter: Daddy, there's no electricity, so there's no session today.

"What about the party?" I asked.

My partner joined the conversation and said; They'll call us with an update. If they don't, we'll go anyway.

By 11:55, my daughter called me from downstairs and said, "Let's go, Daddy. We don't want to be late. We have to be the first to arrive"

I quickly got ready and joined them. "Did they update you? Is the party still on?" I asked as we got into the car.

- "No update", said my partner. "The party is in half an hour. I've informed the parents who agreed to come today. I WhatsApped and told them that I don't know if the party will happen."

## The Hero's Journey

We arrived at MAG at 12:07 PM. The main entrance's shutters were down, and no cars were parked nearby. The coaches likely saw us on CCTV because they soon came out to meet us.

- Coaches; We're sorry. The electrician hasn't arrived yet. If the party can't go ahead, we'll refund your money.

The coaches were visibly upset. My daughter was silent like a cornered mouse. My partner started texting all the parents and told them not to come to MAG because there wasn't going to be a party.

- Coach; "Wait! That car might be the electrician. I think it's him."

It was him. But within minutes of entering MAG, the electrician came back out with the coaches. They didn't look enthusiastic at all.

- Coaches- We're so sorry. The electrician said the Grid can't be fixed today."

They offered to reschedule the party. My partner agreed. The coaches left. They were visibly sad. My partner updated the parents and advised them to stay home by texting a group that she had created. A few minutes later, a blue Volvo appeared on the horizon.

- " It's Freddie and his mum, " said my daughter. It was indeed Freddie and his mum. They got out of the car and greeted my daughter. I heard Freddie's mum saying, "It's so sad, nevermind. We'll do it another day."

Rather than getting out and joining the lamentations, I stayed in the car and meditated, expressing gratitude for an amazing party despite the circumstances. I spoke to the Divine and said, I know this is short notice, Thank you for this amazing party, thank you for this wonderful experience. Thank you for this beautiful day".

- Anthony - That didn't make sense. Why be grateful for a party that was clearly not going ahead?

At first the subject of mind over matter often doesn't make sense. My meditation lasted less than 10 minutes. I had no expectations. 5 minutes or so later, my daughter and my partner got into the car. We were ready to leave. Moments later, the coaches ran back to the car.

- Coaches; The electricity is back! You can have the party!
- Anthony - Are you making this up?

No, I am not. Please call MAG to verify if this happened. Call them and ask if a storm damaged the grid on the day of my daughter's birthday.

- Anthony - Did you tell anyone what you did?

No, I didn't tell a single soul. When the coaches came to the car to announce the return of electricity, my daughter raised both of her hands into the air and celebrated as if she had won a gold medal at the Olympics. My partner sat in the driver's seat and began sending messages to the group. Several minutes later, the parents and children arrived, and we had a fantastic party with music, food, games, and laughter.

- Anthony; So, you became a hero by asking the divine to solve the problem?

Yes. Well that's what my father and my soul told me to do. Heroism manifests itself in many ways. A nurse, a bus driver, a teacher, a parent—all of us are given opportunities to be heroes. Every human being has two journeys available to him or her.

- Anthony - What are they?

The Hero's journey and the Victims journey. We will explore this subject later. If you don't know what to do, you can easily go through the victim's

## The Hero's Journey

journey. The conditions were perfect for everyone involved to experience the victim's journey on that day. A teacher who is keen to save her students from knife crime, the jobless parent who is suffocated by stress and bills, the anxious passenger who is desperate to get into a delayed bus, the team manager whose job is on the line if numbers don't change, all those souls have the power to transform their realities and become Heroes. They can have a Hero's journey if they know what to do.

- Anthony - How?

The journey and its practices. Whenever you see someone struggling, tell them they're not alone. Let them know they're on their Hero's Journey. Start and complete your own journey, and you'll one day mentor someone who desperately needs the journey. Every living being on this planet has a hero inside them. Dolphins and birds included. Awareness and completion of your own Hero's Journey makes it easier to identify and manifest the hero that's been inside from the day you were born. If you don't know what to do when the challenges arise, you, your friends and your relatives can easily go through the victim's journey. Many people go through the victim rather than the Hero's journey because they simply don't know what to do. During the next few days, we will discover a few things you can do to transform your reality. The key is knowing and feeling.

- Anthony, Thank you.

# 06

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# THE VICTIM AND THE HERO'S JOURNEY



- Anthony - Hey Nelson, thank you very much indeed for your time and kindness. I really enjoyed our last session.

You are welcome. Let's explore the Hero's & the victim's journey

In 1922 Howard Carter and his team entered the room where Tu Ankh Imen was resting. Carter and his “people” couldn’t believe what they saw. After 3000 years of profound silence, there he was. Tut Ankh Amen, one of the most mysterious kings of the ancient world, had been found.

## The Hero's Journey

- Anthony - Was Tut Ankh the most important archeological discovery of all time?

Yes it was. King Tut wasn't alone. When they found him, he was surrounded by ancient and wonderful gifts, fragments of a very ancient world that has survived the test of time. King Tut's discovery was a gift to students and people fascinated by the ancient world and its mysteries. The same can be said about the Hero's journey. The Hero's journey is an invisible box that contains amazing gifts and secrets. Unlike the room where Tut Ankh Amen lay hidden for thousands of years, The Hero's Journey is hidden in plain sight. It's there in front of your eyes, it's there next to you waiting to be discovered and explored.

- Anthony - It's like ancient music that's waiting to be played.

Yes. The universe and your mentor can and will play this beautiful music, however, you are the only person who can dance to it. You have to dance to the beautiful and ancestral music that makes your Hero's journey. Your Hero's journey is unique. The synchronicities, the revelations, enigmas and manifestations are particular to you. They belong to you and to nobody else. The Hero's journey is your life. You are the only person who can start and complete it. You have two options.

The Hero's journey or the victim's journey

- Anthony - So, it's up to me to go through the Hero's or the victim's journey.

## What's the victim's journey?

Well. If you don't start and complete your Hero's journey, by default, you will go through the victim's journey. 3 years ago my friend called me and

said, "I really need to speak to you tonight. My heart is broken. Why? I asked

"My childhood friend Jacqueline killed herself. She was my sister from another mother. She committed suicide this morning."

Man, I am sorry to hear that. Why? What happened ? I asked

"It's a complex story. In 2009 my friend's mother killed herself. She was going through a very difficult time. Her mental health deteriorated after she found that her husband was cheating on her. My friend was close to her mother and saw all of that unravelling. She saw the fights, the self harm and the scars caused by addiction. Fair enough to her , my friend tried everything"

Did she try the Hero's journey? I asked

“ Nope, she didn't. Jacqueline got counselling, tried medication. She even tried to live abroad for a while. A brilliant mind, my beautiful sister was very intelligent. She was the best student in her class at school, college and University. She went to University a few months after her mother passed away. I am sad to say that my friend discovered cocaine and booze at University. She got into severe addiction, but still managed to get a job in the city of London. She did very well until old melancholic memories took hold of her . She killed herself and left behind 3 boys and 1 girl. She left behind very young kids.

That's a tragic story. Your friend started and completed the victim's journey. Several months ago, I met a guy at the local library. He was sitting in my favorite place. He looked very sad, so I asked him, “ how are you today?

“I've just been sacked”, he said quietly. “I lost my job. A few months ago, I left a very well paid job to join this new company. The culture is very bad. I

## The Hero's Journey

gave up a solid and a well paid position and now I find myself jobless. I moved to Manchester a few months ago together with my fiance. We will return to the countryside. I have no income to support myself and my family.”

“That’s good,” I said looking at him. He was surprised and asked why losing a job was good news. I told him that losing his job was his call to adventure. Step 2 of the Hero’s journey. He was about to continue his victim’s journey. Discovering the Hero’s journey was a game changer for him. The Hero’s journey freed him from either killing himself or going into another depression. He gave me his Whatsapp number. His profile message was “Suicide”. He changed after discovering the Hero’s journey.

- Anthony - Why do people go through the victim’s journey?

Ignorance. Jacqueline wasn’t aware of the 5 dimensions. She wasn’t aware that our lives consist of 5 dimensions, therefore she got stuck in the emotional dimension. The crisis of her emotional dimension created chaos and destroyed her inner peace. Life takes people through to the victim’s journey by default. The chaos, the stress, the laughter and tears are coming. It’s inevitable. You are going to lose your parents like I lost mine. They are meant to depart this world, transition before you do because they are older than you. Your parents are also likely to divorce. One of your “friends” who has mastered the art of wearing masks will betray you. Someone will break your heart, you are going to lose your job, you are going to get ill and have money problems. It’s inevitable. The most important aspect regarding your life is; What are you going to do when the storms of life hit you?

Are you going to surrender to despair, pain and low vibrations then start your victim’s journey?

Or

Are you going to start your Hero's journey?

Sadly Jacqueline started and completed the victim's journey

- Anthony - What could she have done differently?

Start her Hero's journey.

- Anthony - How do you start your Hero's journey if you don't know that such a thing exists?

Go within. Anybody, especially you, who is aware of this ancient culture, can search and find the Hero hidden inside him or herself. Find a mentor who has completed his or her Hero's journey. Ask him or her to guide you.

- Anthony - How can a person start? How do you get into this?

There is an ancient path. The path of Ra which Joseph Campbell presented in his book, "The Hero with a 1000 faces". The path of Ra has 12 steps. All you need to do is to take the 1st step. Put yourself out there. Let the Universe guide you towards your mentor. Allow the synchronicities to happen. When that happens, accept the call to adventure. Depart and leave the old self behind.

- Anthony - The old self?

The old self is the victim, the new self is the Hero. In today's world you can be born into a family of professional gangsters whose main business is killing others either through knives, guns or drugs. You can say, that's me, that's my family, that's my blood and I didn't have a choice. My mother had mental health problems so I'll also have mental health problems. My father had a drinking problem therefore I also have a drinking problem. You can choose to get stuck in the past or create a new future through the power of now.

## The Hero's Journey

- Anthony - The victim's journey or the Hero's journey. It's amazing how both ancient and modern human beings have gone through this- Can we please explore the 12 steps of the Hero's journey?

We will explore the first 4 steps. The steps are a very rich subject. We could spend the entire year exploring them. Let's focus on the 1st 4 steps.

- Anthony - Ok thank you. Would you agree with my view that most human beings are being led to the victim's journey?

You get both. There are people who are being led and others who are leading themselves, they are choosing to start and complete the victim's journey. There is only one person who can spend years taking drugs, drinking alcohol, watching porn, eating toxic junk food, and neglecting their talents. There is only one person who can do that.

- Anthony - ***That's me.***

Indeed. There are many factors that can lead you to the victim's journey. Ignorance of the Hero's journey , the trauma caused by the death of a close relative, poverty, absence of a mentor. Although they are very strong reasons, the last decision is made by you. You are the creator of your own life. You create your journey.

- Anthony - Thank you Nelson. Thank you for your kindness

You are welcome. Let's take another break, return tomorrow and look at the origins of the Hero's journey.

- Anthony - See you tomorrow

Learn more about the Hero & the victim's journey at  
[www.theherosjourney.co.uk](http://www.theherosjourney.co.uk)

## Exercise-

**Step 1:** Find a quiet, clean, and peaceful place. This could be your own home, a serene spot in nature, your office or even a hotel room.

**Step 2:** Sit comfortably. If possible, sit in the lotus position, but if that's not feasible, any seated position will work. You may also choose to lie down, but be mindful—lying down can sometimes lead to falling asleep during meditation.

**Step 3:** Bring your hands together, placing one hand gently on top of the other, as though you are ready to receive a gift.

**Step 4:** Close your eyes and allow yourself to sink into deep silence.

**Step 5:** With your eyes closed, take a moment to express gratitude for everything you have in your life.

**Step 6:** Offer gratitude for your life, your health, and your sources of income.

Expand your gratitude to include all the good things you currently enjoy, as well as the wonderful experiences and opportunities yet to come. Be thankful for your prosperity and the amazing blessings in your life.

Express gratitude for your desires and goals as if they have already been fulfilled. For example:

- *Thank you, Divine, for blessing me.*
- *Thank you for the abundance in my life.*
- *Thank you for my family and friends.*
- *Thank you for my past, which has shaped me, and my future, which is full of promise.*

## The Hero's Journey



# 07

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# THE ORIGINS OF THE HERO'S JOURNEY



- Anthony - Hey Nelson, great session yesterday on the Hero's journey and the victim's journey. I am excited about today's session. The origins of the Hero's journey. What are the origins of the Hero's journey?

The Hero's journey is a very ancient culture. It is older than time itself. There are two origins.

- Anthony - What are they?

The first is mythological, the second is human

## The Hero's Journey

- Anthony - Why is the mythological first and the human second?

The myths are the first source. Very ancient indeed.

- Anthony - **Myths?**

Yes, myths. Myths are very ancient documents. Every culture , every race and every tribe and country created myths. Myths were first oral then later people started to write them. Myths are so old, we don't know when they were first created.

- Anthony - 5, 10, 20, 000 years ago?

I don't know. Kemetic myths are very old. Kemetic civilization which is today called Ancient Egypt can be traced back to Ethiopia and modern day Mali. There is a very secretive tribe and mysterious society of priests called "The Dogon". They know a few things about Astrology and Kemet which your conventional archaeologist, Egyptologist and Astronomer doesn't know. Laird Scranton, an independent software designer from NY spent a few years researching the Dogon people. He came to the conclusion that the Dogon are both priests and experienced Star Watchers . He also said that the myth of the Kemites " Ancient Egyptians" can be traced to the Dogon.

- Anthony - Why is this relevant to my question about the origins of the Hero's journey?

Because one of the oldest accounts of the Hero's journey came from Kemet. It's in the creation story of civilization.

- Anthony - Come on, share it with me please?

## The Myth of the Eye of Ra: An Ancient Hero's Journey



The creation story of Kemet said, “In the beginning, there was only **Nu**, the primordial ocean of chaos that contained everything that was to come. From these endless waters, **Atum Ra**, the first god, emerged. As the bringer of creation, Atum Ra gave birth to **Shu**, the god of air, and **Tefnut**, the goddess of moisture.

Shu and Tefnut, curious and full of life, began to explore the vast, unending ocean. Submerged in darkness, they wandered too far and became lost, unable to find their way back to their father. Overcome with concern for his children, Atum Ra took a drastic step. He plucked one of his own eyes and sent it forth into the chaos to search for Shu and Tefnut.

The **Eye of Ra** embarked on an epic journey, scouring the endless ocean until it found Shu and Tefnut. Guiding them safely back to their father, the Eye had fulfilled its sacred mission. But upon returning, it discovered that Atum Ra had grown another eye in its absence. Feeling displaced, the original eye transformed itself into a **cobra** and perched on top of Atum Ra’s head, becoming his eternal protector. From that moment, the cobra became a sacred symbol of protection, adorning the crowns of Egyptian kings and queens for millennia.”

## The Hero's Journey

- Anthony: "Ah, I see now! That's why statues of ancient Egyptian rulers have cobras on their crowns—it all connects!"

It does indeed. The story of the **Eye of Ra** is one of the earliest accounts of the **Hero's Journey**. Within it, we find the key elements that define every heroic tale: the call to adventure, the intention to save, the departure into the unknown, the trials and initiation, the discovery, and ultimately, the return. This ancient myth reveals a universal truth—an adventure and a journey we are all capable of embarking upon.

- Anthony - So the eye of Ra that went into the ocean of darkness to find the lost children was one of the first accounts of the Hero's journey

Indeed. The **Eye of Ra's journey** reminds us that each of us has the power to step into our own Hero's Journey. Whether it is to save others or to save ourselves, the journey is essential.

- Anthony: "The Hero's Journey—wow. It's like this timeless blueprint for change, isn't it?"

Absolutely. At the heart of the Hero's Journey lies the need to heal and grow, across one or more of our **five dimensions**—spiritual, emotional, social, professional and biological. When we take that first step, inspired by a greater purpose, we open ourselves to transformation and become agents of change for ourselves and the world around us. So that's one of the first sources, the mythological. Wherever we go, we will find fragments of this source. The myths.

- Anthony - What about the second source

It's modern. Around the 20th century, academics, anthropologists, historians, film directors and writers discovered the Hero's journey. Many people were inspired by the work of Joseph Campbell and used it to create

movies. They created an intellectual experience, something people can watch and enjoy while doing nothing about their struggles.

- Anthony - Ok, I get it. The ancient and the modern.

Indeed. Let's briefly look at the etymology of the word Hero. The word Hero is very ancient. Let's return to Kemet, "Ancient Egypt". There was a mythical character and principle called Hrw. In Mdw Ntr, the original language of Kemet, Hrw meant light. Hrw was the bringer of light. Hrw is the origin of the words Hero, Hour and Harry.

- Anthony - So a Hero brings light to other people's lives.

Indeed. Hrw is also the origin of the words Hero, hour, Horizon, Harry , Hurry and Henry. After completing your Hero's journey, you will become a source of light to other people. The father who goes on a journey to overcome alcohol, the mother who goes on a journey to overcome cocaine addiction, the young man who goes on a journey to overcome video games addiction, the young guy who decided to leave the gangs will become a source of light to other people. That's what a Hero is. Every Hero's journey has at least 3 stages. Let's take a break and explore those 3 stages tomorrow.

- Anthony - Thank you Nelson. I am grateful for this. I think it's great to understand the origins of the Hero's journey.

## 08

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# THE 3 STAGES OF THE HERO'S JOURNEY



- Anthony - Hi Nelson, thank you for being with me today. I am keen to discover the 3 stages of the Hero's journey. What are they?

Let's look at the first Hero's journey again. The eye of Ra created the culture which we call the Hero's journey. If you look at the mythical account, you will clearly see the 3 stages of the Hero's journey.

1. Departure with a Quest
2. Initiation, discovery and collection of the treasure

### 3. Return with gold

The eye of Ra went into the ocean of darkness in order to find the lost children. Those are the origins of the Hero's journey. It's an ancient, very ancient culture and ritual that all of us can tap into and use it to change our lives and the lives of others. Most people associate the Hero's journey with Greece. Achilles, Heracles, Theseus, Odysseus etc. Those stories and journeys came later, much later. Ancient Greeks were prolific travelers. They went to Africa, India, and Persia. Wherever they went, the Greeks learned and copied local culture. In his very influential book, the Hero with a 1000 faces, Joseph Campbell showed us that the Hero's journey is both local and universal. It could happen in your village anywhere and any time.

- Anthony - Can you please tell me more about the 3 stages?

Yes. The 3 stages are very important. I was recently chatting to a friend on WhatsApp. Not sure whether my friend wanted to protect his ego but he texted me and said, "I have completed the Hero's journey, I have overcome difficulties several times in my life.

I congratulated my friend for overcoming difficulties, then told him that I didn't think he completed the Hero's journey.

- Anthony - Talking and promoting oneself is easier than doing the inner work

Indeed. I told my friend that he didn't start or complete the Hero's journey. I said that because my friend wasn't even aware that the Hero's journey existed before I introduced it to him. He wasn't the first person to try to persuade me that he had started and completed the Hero's journey several times. One lady once tried to persuade me that she had completed the Hero's journey and that she was ready to teach it. I interviewed her a few

## The Hero's Journey

days later. We talked about her life's journey. It turned out that she was drinking and smoking. She didn't do the inner work.

- Anthony - What's inner work?



It's the invisible work of healing oneself. Cleansing oneself from inside and letting go of old habits, old thought patterns and views which no longer serve us. Whenever someone tells you that they have gone through the Hero's journey, your first question should be, who was your mentor? What did you bring back? If there is no mentor to guide you, the journey becomes an Ego trip.

"This is me, this is what I want, this is how I do it. I can do it by myself, I don't need a mentor or guide..."

To complete the Hero's journey, you will need a mentor who has completed his or her Hero's journey to guide you. Every Hero gets the advice, the wise guidance of an experienced mentor.

- Anthony - Tell me more about the 3 stages of the Hero's journey.

We can see at least 3 stages on every Hero's journey. Departure, Initiation and Return. In one of the first accounts of the Hero's journey, the eye of Ra went into the ocean of darkness to search for the lost children. That's the first stage of the Hero's journey. Departure.

## The 3 stages of the Hero's journey

The 2nd stage is Initiation and Discovery. In the 2nd stage of his heroic journey, the Eye of Ra discovered the lost children.

The 3rd stage is Return. After finding the lost children of Ra, Shu and Tefnut, the eye of Ra brought them back. That's return, the 3rd and final stage of the Hero's journey.

- Anthony - Are there concrete examples of the Hero's journey outside the myths?

Yes. A father or a mother who puts food on the table is a Hero. A boss who inspires his or her employee to do well and to believe in themselves is a Hero. A coach who motivates and inspires his or her "student" is a Hero

- Anthony - ***Mr Miagi***

That's right. However it's not just males. There was a Persian Queen and warrior called Tomyris. Many centuries ago, Tomyris' tribe was attacked by a powerful warrior and conqueror called Kurus whom the Greeks called Cyrus the Great. Rather than running away or surrendering to Kurus, Tomyris challenged Kurus to a hand in hand duel. She won. She defeated and decapitated the most powerful soldier and conqueror of the ancient world. She saved her tribe. Her name is the origin of the word Tommy.

- Anthony - A Hero, wow. This stuff is so inspirational.

## Shakespeare's 3 stages of the Hero's journey

We can see the 3 stages in Shakespeare's journey.

- Anthony - In Shakespeare's life?

Yes we can. Shakespeare's father got into some serious financial troubles which meant he couldn't afford to send his son to University. After finishing school, Shakespeare found himself at home with no trade. He also

## The Hero's Journey

became a father of two children. Realizing that he needed to make some drastic changes, Shakespeare left Stratford Upon Avon and went to London. In London he first worked as a professional actor then switched roles and became a playwright. He became famous and was regularly invited to the Royal Court. He made a lot of money and one day he returned to Stratford Upon Avon and died in old age. That's the Hero's journey.

- Anthony - I can see it clearly now.
- Stage 1 Departure from Stratford Upon Avon
- Stage 2 Initiation & Discovery - Found the author within which required inner work and reflection
- Stage 3 Returned to Stratford Upon Avon with gold in the form of plays.

The Hero returns home with gold. In Shakespeare's case the gold were the plays and the money which he used to support his friends and relatives. Had he stayed in Stratford Upon Avon he would have gone through the victim's journey.

- Anthony - Why do many people find it difficult to start their Hero's journey.

There are a few reasons. Awareness of the Hero's journey is one of them. Many people aren't aware that the Journey exists therefore they never start it. They simply go from one crisis to another. There is another reason, a very important one.

- Anthony - What's that?

The 5 minds.

- Anthony - Tell me more about the 5 Minds.

## The 3 stages of the Hero's journey

Let's meet tomorrow and explore them.

- Anthony - Thank you.

## The Hero's Journey

### **Exercise - Observe your life**

How can you start your Hero's journey?

Write 5 ways you can initiative your stage 1 - Departure

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What new skills do you need to learn as part of your discovery stage?

## The 3 stages of the Hero's journey

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What will you bring back with you on Return?

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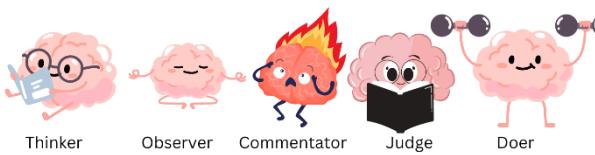
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## 09

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# YOUR 5 MINDS - YOUR MENTAL HEALTH



- Anthony - Hey Nelson, thank you very much indeed for yesterday's session.

**Thank you so much for your kindness. I have a question that's been bothering me since we spoke about the shadow and the Hero's Journey.**

What's the question?

- Anthony - How do I stop temptation and self sabotage?

There are many practices you can use to overcome self sabotaging behaviors. Meditation and breathwork are great practices.

Thank you. I ask this because I am very good at self sabotaging myself. I overthink things, I blame and criticise myself, I hesitate a lot whenever I

want to do something, I take a long time to get started and whenever I finally get started self doubt creeps in and literally freezes me. How do I overcome these self made blocks?

Master your 5 minds.

- Anthony - 5 Minds?

Yes, 5 minds. Let's look at them.

## The 5 minds.

- Anthony - What are the 5 minds?

After emerging from the Waters of Nu, Ra had two children, Shu and Tefnut. Shu and Tefnut fell in love with each other and had 2 children. Nut and Geb. Nut the sky mother and Geb, father earth. Nut and Geb had 5 children. They were Wsr, Sutek, Aset, Nbt Het and Hrw Ur.

- Anthony - Are these the 5 minds?

Yes they are. Like the 5 children of Nut and Geb, the 5 personalities are the 5 minds inside us.

- Anthony - I've heard people talking about Mindset but not about the 5 minds. I thought we only had 1 mind. I was taught that our mind has a positive and a negative mindset within us. 5 minds? Boy I struggle to master 1 mind. Are you telling me that I have 5 minds?

Yes, you have 5 minds within you. Each mind is fighting for supremacy.

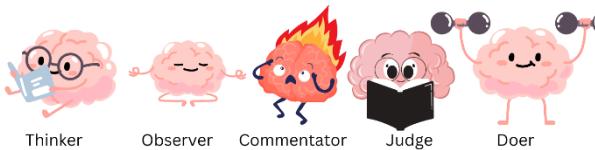
- Anthony - No wonder I am confused all the time. What are these 5 minds?

Your 5 minds are

- 1 The thinker

## The Hero's Journey

- 2 The observer
- 3 The judge
- 4 The commentator
- 5 The doer



These are the 5 minds you need to master in order to have a balanced life.

- Anthony - I am definitely a slave to the commentator. I have some very negative views about myself and spend hours making negative comments about myself. What do these 5 minds do to us?

The thinker's job is to spend 24 hours a day thinking. Thinking; that's what the thinker does. The German mystic and writer Eckhart Tolle wrote a book called the "Power of Now." Although short, the "Power of Now" is a classic that has helped and inspired millions of people to free themselves from the thinker's traps and swords. The thinker is active 24 hours a day. This mind will wake you up at 3 am and get you to think and focus on an unpaid bill or horrible thing which your "enemy" or boss is going to do. Although none of the horrible things you "think are going to happen", are actually happening at 3 am, the thinker will keep you busy and awake all night. Like the other 4 minds, the Thinker can drive you crazy if you fail to master it.

- Anthony - How do I silence the thinker?

Meditation, journaling and sleep. If left unchecked the thinker can drive you to suicide and to all kinds of troubles. Overthinking is a big mental

challenge faced by many people. Overthinking will stop you from starting and completing your Hero's journey.

- Anthony - Thank you. Who is the observer?

The observer is an ancient mind, very well informed, very wise and very silent. The observer is the lover of silence who sits on top of a mountain, on the shore of a beach, on a bench in Central London, and watches, observes and listens. If you watch wildlife documentaries, you will see cheetahs standing on a specific spot and watching. It's not uncommon to find Cheetahs sitting or standing on top of a tree. They go there to sit and observe. Writers, lovers of theatre , sports coaches, chess players, are prolific users of the observer's mind.

- Anthony - **Babies?**

100%. Your observer's mind is very powerful.

- Anthony - What does the judge do to us?

The judge is your 3rd mind. The judge is the mind that keeps creating labels. A while ago I dealt with a guy who loved putting labels on people. Apart from himself and his immature Ego, everybody was bad, horrible, lazy, stupid, ignorant. Psychologists are prolific creators of labels. After spending less than an hour with you, a psychologist or psychiatrist will gladly label you. That's their job. Label people. People who aren't happy with themselves or where they are in life tend to be excellent creators of labels. "She is just fat, he was born lazy, my boyfriend is quite stupid, I am not good enough" ...

- Anthony - Wow. The judge is ruthless. Doesn't care whether a statement or a label is offensive.

## The Hero's Journey

Many people use labels to protect themselves and their identity. If they are criticised or don't like a person, they will simply throw a very negative label to that person.

- Anthony - I see this during elections when two opposing sides attack each other. They use labels to assassinate a person's character.

That's the 3rd mind being used on a collective level. There are two dimensions to the 5 minds. They can be used on an individual and collective level. Observe your life and you will see the 5 minds in action daily. The judge can persuade you that you are no good. The judge has the power to wreck your self esteem and life.

- Anthony - The commentator. What's that?

A few years ago I read an article that explored the subject of drug addiction and suicide among high flying bank employees. How and why? I asked myself after reading the article. Why would a person who earns a lot of money, lives in a thriving city kill him or herself?

- Anthony - The nagging voice inside them

Yes. That's the commentator. People who experience trauma could spend years reliving the trauma and sabotaging themselves through negative comments. If not mastered, the commentator can literally destroy a person's life. Hatred of self is a common challenge in society. "You are not good enough, you are always lazy, you are ignorant and stupid, it's your fault, you are a bad person, you are ugly. You can't do this."

- Anthony - Wow, I confess I have been a prisoner of the Commentator. I struggle to say positive things about myself. I overthink as well. Although I am not a drama king, I tend to dramatize things, even small things are turned into a big drama. Whenever the commentator takes hold, I find it hard to focus.

We have two types of commentator minds.

- 1 The external
- 2 The internal

Spend a few minutes watching “The Prime Minister’s questions”. You will see one person standing up and expressing his or her views. The opposition will stand up and comment on what was said. Before, during and after the session has ended, journalists, academics and experts will use social media to “comment”. This is the external commentator. Now let’s look at your internal commentator. What’s happening to your internal commentator? What is he or she saying to you? That’s the internal commentator. The internal commentator has the power to stop you from starting and completing your Hero’s journey.

- Anthony - What’s the 5th mind, the doer’s mind?

A few months ago I watched a documentary that explores a silent epidemic that’s destroying many people’s lives. There are many young people destroying their future by injecting themselves with steroids in order to look “great” on Instagram. They also want to win competitions. It’s all about being seen rather than being at peace with the self.

- Anthony - The doer doesn’t care about the consequences of his or her actions.

Indeed. The doer follows Nike’s slogan. “Just do it”. Spend 50 years doing a job you hate. “Although you hate your job and it makes you miserable, just do it. The doer follows the instructions from the other 4 minds.

- Anthony - Yes. That’s the commentator. Ahh, I see. The 5th mind is a slave of the other 4 minds. The 5th mind does whatever he or she is told to do by the other 4 minds. Before I started my Hero’s

## The Hero's Journey

journey, the thinker used to tell me “You are still very young. There is nothing wrong with partying and having a good time”. I used to almost run towards the pub and “get smashed”. There are many people who believe getting “smashed” is cool. Getting smashed is a road to alcohol addiction. Thank you so much Nelson. I can see how these 5 minds have been wreaking havoc in my life.

It’s not all bad. If you keep your 5 minds healthy, they can give you a wonderful and very productive life. It’s all about balance. You need the contribution of the 5 minds rather than the dominance of a single mind. You don’t want a dictator who runs the show and is the most active mind. You want balance. Who is doing the thinking in your life? Who is commenting on your journey? Who is constantly labelling you? Are those labels positive or negative?

- Anthony - Which mind should ask these questions?

The observer. Don’t ignore these 5 minds. They play an important role in your Hero’s journey.

- Anthony - ***Wby?***

Because they can stop you from either starting or completing your Hero’s journey.

There is another reason why you must do all you can to refine these 5 minds.

- Anthony - ***Wby?***

Because if left unchecked, the 5 minds can create an internal and invisible war between your higher and lower self. The 5 minds have the power to initiate a ferocious war between the Hero and the monster within you.

- Anthony - ***OK***

The 5 minds are architects. They are creators.

- Anthony - Creators of what?

They are the creators of journeys. Wild, unrefined thinkers, judges and commentators can and will instruct the doer to create a tragic journey. We call it the Victim's journey.

- Anthony - How do I use the 5 minds to heal my mind and regulate my mental health?

Whenever you feel anxiety levels are going up, take a breath and ask yourself; Which mind is causing this anxiety? The thinker. Whenever the thinker obsesses about the past, the thinker will create depression. Whenever you think and obsess about the future, you will feel anxious because you can't just go to the future. The 5 minds are a very active and useful tool. Whenever you feel bad about yourself, stop, take a breath and ask, which mind is the most dominant mind right now? What is the commentator saying to me right now?

Awareness of the 5 minds gives you power to choose which mind, which feelings dominate your life and affect your mental health. You don't have to become a prisoner of the 5 minds. There is no need to feel overwhelmed by one of the 5 dimensions. Always go to the observer and meditate on your reality.

- Anthony - Thank you Nelson. Thank you for introducing me to the 5 minds.

You are welcome. Let's meet again tomorrow morning and continue our discovery journey. Later today, shortly before Sunset, go for a walk, contemplate, reflect on the 5 minds. What kind of life, what kind of journey are they creating? The victim's journey or the Hero's journey?

## Exercise

What labels do you use to describe yourself?

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What's your most dominant mind?

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The thinker, the observer, the judge, the commentator or the doer?

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How often do you use your observer's mind?

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# 10

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## THE STRUGGLE BETWEEN THE HERO AND THE MONSTER



- Anthony - Hey Nelson, thank you for having me here today. Thank you so much for yesterday's session. It was a very interesting afternoon. I have a question for you, if you don't mind.

What's the question?

- Anthony - Yesterday you mentioned the conflict, the battle of personalities.

## The Hero's Journey

The struggle of the Hero vs the Monster, the higher and the lower self. Can you please explain what you meant?

Shortly after arriving in Athens, Theseus saw a group of 7 boys and 7 girls being taken into a ship.

"Why are they being taken into a ship wearing sacrificial robes? asked Theseus.

"They are going to Crete to be sacrificed. They will be taken to the labyrinth where they will be eaten by the Minotaur, answered King Aegeus.

"The Minotaur?" asked Theseus.

"Yes. The Minotaur is a monster that eats people alive."

"Not anymore, said Theseus." I am going to Crete to fight the Minotaur."

- Anthony - The Minotaur, that's the ancient monster

When you look into the Hero's journey for the first time, you will find a few familiar characters. The monster, the victim, the Hero, the mentor, the guide, are ancient things, mysterious things found in every village, every city and house. Depending on your level of exposure to Hollywood, your commentator's mind will persuade you that Heroes are the people in the movies. It doesn't tell you that the nurse who is feeding an unwell child at your local hospital is a Hero.

Your Thinker's mind will also persuade you that the Gods and Goddesses, the strange and sometimes ugly figures, monsters, are strange things, things told by ancient people who "had no clue about science". Modern day "highly educated people" will tell you that the stories of Gods and Goddesses, monsters, villains and Heroes are fairy tales that have no meaning. But if you listen carefully and observe your life, the world and the lives of people around you, you will start to see those mysterious things. The

## The Struggle between the Hero vs the Monster

tricksters, monsters and Heroes will start to manifest themselves in your life . They will appear in your life when you least expect.

- Anthony - **How?**

The beggar in the street, the criminal sentenced to many years in prison for killing another human being, the false friend wearing a mask in order to trick you. The “snake” in your community, the victims of abuse and neglect. If you look carefully, you will see the mythical characters and personalities hidden in myths, manifesting themselves in your real life. The monster, the victim and the Hero are there. The mentor, the old lady and the old man, the sincere seeker, and the call to adventure are also there. The struggle between the Hero and the Shadow is also there. This stuff is real. The good and bad gods and goddesses of the myths can be found inside rather than outside us.

- Anthony - I can easily see the shadow whenever I move. I can see my own shadow. Is that the shadow that you are talking about?

There is another shadow, an invisible shadow. The shadow of the soul.

- Anthony - Are the shadow and the monster the same thing?

That's a very good question. Let's look at the origins, the etymology of the word shadow. The online dictionary etymonline says; From mid-13c. as "darkened area created by shadows, shade." From early 13c. in sense "anything unreal;"

- Anthony - Anything unreal.

What drives a person to fall into addiction? What drives a person to commit horrible crimes, lie, deceive, manipulate and do horrible things to others? If we look into a person's 1st and 2nd stages of his or her physical and spiritual growth, we will see a baby, not a beggar. We won't see an alcoholic, cocaine,

## The Hero's Journey

porn addict or a rapist. If we observe the first stage of a person's life journey, when a person comes to the world, we will not see a mass murderer. The shadow is an ancient personality that exists inside all of us. It's there waiting to take over and ruin our lives if we fail to master and control it. The shadow is the adversary of the Hero.

- Anthony - Where does the word shadow originally come from?

Kemet. The creation story of Kemet said that Nut and Geb, the sky mother and father earth had 5 children.

Wsr, Sutek, Aset, Nbt Ht and Hrw Ur.

This creation story has important details.

- Anthony - What is it?

The second child of Nut and Geb was called Sutek. Sutek forced his way out from the womb of his mother. He didn't wait for his turn to be brought into the world. Instead he forced his way out.

- Anthony - So he was driven by his ego from the very beginning of creation.

Indeed. Sutek is the origin of the word Shadow. Sutek was also the origin of the word Satan, a major player in the bible. The Greeks first translated Sutek to Set. The writers of the bible changed the name of Sutek to Satan.

- Anthony - Sutek, Set, Satan, Shadow

The name Set is very interesting. Set is the latin word for number 7. Number 7 is a complete number. Sutek, Set, is a complete individual. Sutek, Set, the Shadow is an ancient archetype that exists inside all of us. A complete week has 7 days. Observe the word Mindset. The Mind of Set is a complete mind. It is a mind that has succeeded in balancing two opposing aspects of a person's personality. Good and bad.

## The Struggle between the Hero vs the Monster

- Anthony - How do I overcome the shadow and bring back my original self? I don't want to spend the rest of my life being an angry man. I am very angry at myself. I am angry for allowing myself to be dominated by the desire of having a good time almost every day of the week. I am angry about being addicted to alcohol and a few other things. How do I overcome the power of my Sutek, my Set and my Shadow?

The Hero's journey. You go on a journey in order to awaken the Hero inside you.

- Anthony - Ahhh. That's the battle of personalities?

Yes. It's an ancient struggle, a universal ancient conflict. The battle between the Hero and the Shadow, the Hero and the Monster is an ancient conflict that goes on inside every human being on the planet.

- Anthony - So this stuff is not just mythological.

No, it's not. Look at your own journey. You didn't come to the world as an alcoholic. You became an alcoholic. Why?

- Anthony - **Trauma**

Indeed. There was a traumatic event in your life that opened the door, there was an event that created the space for the shadow to take over and become the main driver.

- Anthony - Does the shadow go on a Hero's journey?

Yes. The shadow is the complete self. 30 something years after his traumatic birth, Sutek betrayed his brother Wsr (Osiris). Sutek organized a sumptuous party and invited 70 guests. The guests came, all very well dressed. Sutek also invited his older brother Wsr. He said, "Brother, come to my palace. Come on your own."

## The Hero's Journey

Wsr, the King was thrilled to join his brother and the 70 guests at the party. During the party, Sutek stood up and said, "Dear guests, I have a surprise, a beautiful surprise for all of you. Here is this beautiful chest", He pointed to a beautifully decorated chest which his servants brought to the room where the guests were gathered.

"Come and try to get into the chest. If this chest fits you and you are able to stay inside, this beautiful chest full of diamonds will be yours. You can take it home if it fits you"

- Anthony - I bet the guests tried their best to get into the chest and stay in it.

Yes they did. Guest after guest tried to get in but none couldn't get in. The chest didn't fit them. After all the guests had tried and failed, Sutek turned into his brother and said;

"Brother, I know you are the king of this magnificent land. Would you try to get into the chest and see if it fits you?"

Wsr, the king didn't suspect anything. He got into the chest and to his surprise the chest fitted him perfectly. All the guests were astonished.

- Anthony - So it was built for him. Sutek, the shadow built the chest, the coffin for his brother. I'm getting the message here; Your shadow creates the perfect traps for you. This is deep psychology.

Yes it is. As soon as Wsr got into the chest, the servants of Sutek rushed to it.

They put the lid on, locked it and then carried it outside.

- Anthony - What did they do with the chest?

They threw it into the river.

## The Struggle between the Hero vs the Monster

- Anthony - So Sutek betrayed and killed his brother

Yes. The same will happen to you if you don't master your shadow. If you allow your shadow to take over your life, your shadow will succeed in betraying you. Sutek vs the King, the shadow vs the Hero is the battle of personalities that we spoke about earlier. It happens inside every human being on earth.

- Anthony - Wow. Do I take cocaine? Do I follow my dreams? Do I meditate? Do I *delay the necessary work I know I need to complete?* Do I *do the inner work which I must do in order to transform my life?*

Sutek succeeded because he knew the exact height and weight of his brother. The shadow knew the measurement of its opponent very well because it is always with the other visible self. Your unconscious mind knows you very well because it spends endless hours with you every day. Your shadow knows you very well. It knows your strengths and weaknesses. It knows that alcohol is one of your weaknesses, therefore it seduces you and leads you to an invisible and beautifully decorated chest.

- Anthony - This stuff is not mythological at all. That's what has been happening to me and to most of my friends for many years. We have been fighting our shadows.
- Anthony - Can we master the shadow?

Yes we can and should do so. After killing his older brother, Sutek spent years running the show. He created chaos. He also engaged in a violent struggle, a bloody conflict with Hrw, the son of his older brother and heir to the throne.

- Anthony - Hrw sounds like Hero. The battle of Sutek vs Hrw is the war of personalities. The shadow vs the Hero

## The Hero's Journey

Yes. Wsr (Osiris) had an innocent personality. Sutek was the monster, the violator of divine order. Aset, the wife of Wsr was the healer and the wise mother who gave birth to a baby boy called Hrw. That's you.

- Anthony - Hrw the Hero was destined to fight Sutek. The shadow in me is destined to fight my Hero.

The Hero inside you wants to fight evil and wrongdoing. Sutek is the creator of chaos therefore there is bound to be an invisible war. Look at your own life. The struggle between your higher self and lower self has been going on since you learned to walk and talk. The struggle manifests itself in many ways. Being lazy or being productive, the struggle between being nice and being mean. The struggle between the manipulative and the honest. The struggle between the lover of sugar and the lover of health and organic foods. This is an ancient struggle. People who make movies create characters that tap into these personalities. That's what keeps the audience hooked

- Anthony - Why ?

Because people can detect fragments of the personalities that appear in the movies.

- Anthony - Wow. What happened to Sutek and Hrw's conflict?

There was no clear winner in the destructive conflict between Hrw and Sutek. One day Sutek met a lady called Neith. Neith was an older lady who knew the mysteries of the ancestors. She advised Sutek to follow the right path. She persuaded him to surrender to the light.

- Anthony - That's step 4 of the Hero's journey, meeting the mentor.

Indeed. Sutek accepted the advice of his mentor. He gave up the struggle for power and supremacy.

- Anthony - What did he do next?

## The Struggle between the Hero vs the Monster

He went to the underworld, a place called the Duat. There Sutek became the protector of Ra.

- Anthony - Please correct me if I am wrong. Was Ra the same as the sunlight in Egyptian mythology? The light was the Hero?

Yes. Ra was the sunlight, a manifestation of the creator. Ra was the visible image of the creator.

- Anthony - So Sutek, the shadow, became the protector of light. The shadow went on a Hero's journey and became a source of light.

Indeed. The shadow that betrayed and killed its brother became the protector of light. The message is there, your shadow is also your Hero, the most vibrant light inside you. To become a Hero, your shadow self has to start and complete the Hero's journey.

- Anthony - So my addiction, my endless ups and downs, the negative memories, the bad nights, that derailed me, the mental and financial struggles are all part of my Hero's journey?

Indeed.

- Anthony - Thank you so much Nelson. This is a wonderful revelation to me.

It doesn't matter how addicted a person is or how badly he or she has managed his or her life, there is always a path to light. That's the Hero's journey. The Hero's journey is not just ideal to overcome addiction. You go on a journey to heal yourself and to find your true self.

- Anthony - If the person is willing, to accept the call to adventure and master the shadow. We can always heal ourselves. Thank you very much indeed Nelson. I know this story is very deep and we could spend years talking about the shadow. We could go into the

## The Hero's Journey

movies and see how Batman, Harry Potter, Neo, Alice in wonderland had to fight their own shadows. Do we kill the shadow?

No, you don't kill your shadow because you can't kill the shadow. The shadow is an ancient and integral part of your personality. You master the shadow rather than kill it. Sutek and Hrw, the shadow and the Hero spent years fighting for supremacy and power. There wasn't a clear winner. A person could spend years going in and out of rehab. If there is no Hero's journey the person will struggle to master and overcome the shadow.

- Anthony - Thank you.

Let's go for a walk. Contemplate this wonderful culture called the Hero's journey. Tomorrow we will explore a very interesting subject, The "Quest" before we move into the 1st 4 steps of the Hero's journey.

- Anthony - The word light comes up again. This stuff is wonderful, truly enlightening. I'll see you tomorrow afternoon. I'll be delighted to discover the Quest.
- Anthony - Excellent.

Go to [www.theherosjourney.co.uk](http://www.theherosjourney.co.uk) to learn more about Kemetic Ancient Egyptian mythology

# 11

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# WHAT'S YOUR QUEST?



- Anthony - Hey Nelson, Thank you for being here with me today. I am grateful for your time and kindness. I am eager to learn and discover. I want to explore this wonderful subject called the “Quest”

Excellent. The willingness to learn is one of the essential steps needed for the Hero’s journey.

- Anthony - Why is it essential?

It’s essential because the Hero’s journey is an ancient culture, a very rich culture that rewards those who surrender to it. Today we are looking into the quest.

## The Hero's Journey

Let's return to Ancient Greece and contemplate the journey of Orpheus and his wife Eurydice.

- Anthony - Who was Eurydice?

Eurydice was the fiance of Orpheus, the most gifted musician of his generation. Orpheus was the son of Oegarus and Calliope. Calliope was the muse, the mother of eloquence and epic poetry. Calliope was the chief of all muses. She shared some of her gifts with her son Orpheus.

- Anthony - Gifted parents, gifted offspring.

Indeed. Orpheus had unique gifts. He had the gift to charm all living things including stones through his music. Apart from being a gifted musician, Orpheus was also a gifted poet. He was loved wherever he went. One day Orpheus met and fell in love with Eurydice. It was love at first sight. Eurydice became everything for him. Sadly Orpheus and Eurydice's romance was short-lived.

Everything happened very quickly. One afternoon, Eurydice was walking barefoot in the forest when she was bitten by a snake. She screamed and called for Orpheus to come and save her. Orpheus heard her screams and came running to the place where Eurydice was. He found her lying on the floor almost lifeless. Orpheus quickly grew concerned because whatever he did or said, Eurydice didn't respond. He sang his best songs but sadly he couldn't revive the love of his life.

It didn't take long for Orpheus and his friends to realise that Eurydice was dead. Orpheus was heart broken. He spent several hours crying and lamenting the death of his beloved. During a moment of reflection, he gathered his himself, paused and said;

"I have charmed the waves of the stormy seas, I have charmed angry beasts and snakes. Eurydice is dead, my music will bring her alive again. I'll go to hades and will bring her back

- Anthony - What was Hades?

Hades was the Greek God of the underworld. Hades was the god of the dead.

Orpheus vowed to go to the underworld, the world of the dead in order to rescue his beloved wife. His friends tried their best to persuade him not to go. They failed. Orpheus was determined to go to the world of the dead and rescue Eurydice. A few hours after announcing that he was going to the underworld to meet Hades, the half brother of Apollo, Orpheus descended to the world of the dead, the world of no return

- Anthony - Brave fellow

Orpheus the son of Calliope and Oeagrus, descended to the world of the dead. He was determined to succeed and rescue his beloved wife Eurydice. It was a dangerous enterprise. As soon as he reached the world of the dead, Orpheus was surrounded by lost souls who had forgotten how daylight felt and how it looked. It was a scary place.

- Anthony - I get it. Orpheus didn't care. He had an important quest.

Indeed. Why would a gifted musician descend to the world of the dead? Orpheus knew very well that the world of the dead was the world of no return. Why would he risk his life going there?

The Quest. Orpheus wanted to rescue his wife Eurydice. That was his Quest and the main reason why he was prepared to lose his life.

- Anthony - Eurydice was the reason why Orpheus started his Hero's journey. Saving her was his Quest. I get it.

## The Hero's Journey

What's your Quest?

Why do you want to start your Hero's journey? What's your goal?

This is the first question we ask our students and the people who come to us and say, "I want to start my Hero's journey. There are many reasons why people want to start and complete their Hero's journey. Some of those reasons are;

- Overcome addiction
- Help a relative - a father, mother, son, daughter
- Help a friend to overcome a tough time
- Heal the spiritual dimension; mental health
- Get inspiration to start a new career
- Overcome trauma
- Self healing
- Get the inspiration to create a new journey

What's your Quest?

Why do you want to invest your time and money on the Hero's journey?

What does your final destination look like?

What do you want to accomplish?

What issue (s) are affecting your 5 dimensions?

- Anthony - The 5 dimensions

We start and complete the Hero's journey because we have a quest, a big goal that we want to accomplish. That goal might be saving someone or saving ourselves. Dr Joe Dispenza's Youtube channel has a story of a lady who used meditation and prayer to help her son to overcome a health

condition that stopped him from living a normal life. Saving her son was her main quest. What's your quest?

- Anthony - Nelson, thank you very much indeed for your kindness. Thank you for introducing me to these key elements that make the Hero's journey.

You are welcome. Let's take a break, let's go into the silence and reflect on the Quest.

Tomorrow you will discover the 1st step of the Hero's journey.

- Anthony - Thank you;

Go to [www.theherosjourney.co.uk/myquest](http://www.theherosjourney.co.uk/myquest)

## Exercise

1 Reflect on your journey

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2 Observe the 5 dimensions that make your life

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3 What's your Quest?

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Go to [www.theherosjourney.co.uk/theherosjourney](http://www.theherosjourney.co.uk/theherosjourney)

# **Step 1**

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## **THE ORDINARY WORLD**

- Anthony: "Hey Nelson, thank you for being here and for introducing me to the first step of the Hero's Journey. I'm really excited to learn more."

Nelson: "Great, let's dive in."

In 2024, I spent many early mornings meditating and thanking the Universe. I'd visualize the people, opportunities, and connections I wanted to attract—individuals who were happy, skilled, and ready to be part of the Hero's Journey. After my gratitude exercises, I'd return to the ordinary world, often letting go of what I'd asked for, trusting the process without overthinking it.

One day, I went to a hotel in the heart of Manchester to work from the lobby. I love the quiet, safe atmosphere there—it's a comforting place to get things done. After a few productive hours, I decided to take a break, stretch my legs, and use the toilet at the nearby Manchester Central Library. Once I was finished, I wandered upstairs to the first floor, thinking about creating a short video for Instagram. I started looking for someone who could help me film.

## The Hero's Journey

That's when I met a 20 something visitor from Mexico. He kindly agreed to help me with the video, and we found a quiet corridor to shoot. There was a young man sitting nearby. I greeted him and asked if it was okay to use the space next to him, and he nodded. The Mexican visitor filmed a couple of videos for me, but when I returned to the hotel and reviewed the footage, the quality wasn't great.

Disappointed but determined, I decided to try again. I went back to the library, hoping to find someone else who could help. The Mexican man was gone, so I approached the young man I'd greeted earlier and asked if he could assist me. He agreed.

He filmed two videos for me, and when he finished, I turned to him and asked, "***What do you do?***"

He smiled and said, "***I'm into filming.***"

That's when everything clicked. As we talked, I realized this young man embodied the very qualities I'd visualized during my meditations. He had the skills, the personality, and the energy I'd been asking the Universe for.

- Anthony: "Were you surprised by the coincidence?"

"Coincidence? People who aren't aware of the Hero's Journey call these events coincidences. But we know them as synchronicities."

On the first step of your Hero's Journey, you'll experience moments like the one I had at the library. You'll meet someone, find something, or end up somewhere, and only later will you realize it wasn't random. An unseen energy will guide you, placing you exactly where you need to be. In the ordinary world, these moments feel like chance, but in reality, they are part of a deeper, magical pattern. They are synchronicities.

- Anthony: "Can you meet your guide on the first step of the journey?"

Yes, absolutely. Your guide can appear in many forms. It might be a person you bump into, a video you watch, a book you find, or even the lyrics of a song. At first, these moments feel accidental, but they're not. They are synchronicities—subtle nudges from the Universe.

The Universe has its own language—a silent, ancient way of communicating. Those who are attuned to it can see the signs clearly. Our meeting that day in the library wasn't an accident, just as this short book will find its way into the hands of the right people—not by chance, but by design.

People living in the ordinary world often see life as a series of accidents. But once they embark on their Hero's Journey, they begin to see life as a series of intentional, magical experiences. Something will happen—an event, a meeting, or a revelation—that will stir them awake and propel them toward the second step of their journey.

- Anthony: "What exactly are synchronicities?"

"They're gifts from the Universe. Your soul is always in conversation with the Universe, asking for things, people, places, and experiences. The Universe answers by delivering these gifts through synchronicities. They start to appear in your life as soon as you take the first step of your Hero's Journey. Once you start meditating, you'll become aware of synchronicities.

- Anthony: "Thank you, Nelson. That's so powerful."

"You're welcome, Anthony. The first step of the Hero's Journey begins with awareness. As you move forward, keep your eyes open to the synchronicities all around you. They're guiding you toward something greater."

## The Hero's Journey

If you analyze my story at the Central Library, you'll see how the Universe almost forced me to meet the young man sitting alone in the library. The first time I saw him, I didn't see the hidden hand of the Universe moving me therefore our interaction was brief—just a quick exchange. I asked for his permission for the Mexican visitor and me to film a short video nearby, and he casually agreed. Although he was the person the Universe wanted me to meet in the first place, I didn't realize it at the time.

It wasn't until I returned to the library for the second time that the significance of our meeting became clear. He was still there, waiting as if by design. Looking back, I can see how the Universe orchestrated the entire encounter. Realistically, I didn't need to go to the library in the first place—I could have easily used the toilet at the hotel. But something greater was at work. The Universe was ready to deliver, guiding me to the library not once, but twice, to ensure I met him.

This wasn't a mere chance. It was a series of synchronicities, gently but insistently steering me toward the connection I had been visualizing all along. Only when I stepped back to reflect did I see how perfectly everything had been aligned.

- Anthony - So on step 1 of the Hero's journey, the future Hero believes in the extraordinary rather than the ordinary.

Indeed. The Universe will orchestrate an event which will move you from the ordinary to the extraordinary through synchronicities

- Anthony - Thank you. Let's move to step 2 of the journey.

## Exercise - Visualisation

### Steps for a Peaceful Meditation

**Step 1: Find a Quiet and Peaceful Place** Choose a location that is clean, quiet, and free from distractions. This could be your home, a hotel room, or a quiet/prayer room in your office.

**Step 2: Sit Comfortably** Find a comfortable position to sit in. If possible, sit in a lotus position. Alternatively, you may lie down, but be mindful that lying down might make it easier to fall asleep during meditation.

**Step 3: Position Your Hands** Bring your hands together, placing one on top of the other as if you are ready to receive a gift.

**Step 4: Close Your Eyes** Gently close your eyes and allow yourself to go deep into the silence.

**Step 5: Enjoy the Silence** Immerse yourself in the peacefulness of the silence.

**Step 6: Allow Yourself to Simply Be** Continue to enjoy the stillness and silence.

**Step 7: Handle Wandering Thoughts** Your mind may wander to various thoughts and places. This is natural and not a problem. Whenever this happens, gently bring your focus back to the *present moment*.

**Step 8: Be Present in the Silence** Savor the silence and enjoy your own company.

**Step 9: Return When Ready** Open your eyes whenever you feel ready to end your meditation.

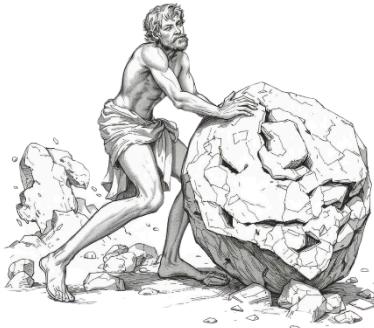
## The Hero's Journey

This structured approach will help you cultivate a deeper sense of peace and mindfulness. It also prepares you for longer meditations.



## Step 2

# THE CALL TO ADVENTURE



Hi Anthony, thank you for being here today. I'm sure you're excited to dive into the second step of the Hero's Journey—the Call to Adventure.

- Anthony: I am! Where do we begin?

Let's start with Ancient Egypt. In this story, we meet a boy called **Hrw** (Horus), whose father was tragically killed by **Sutek** (Set).

- Anthony - Sutek, the shadow

Yes, the shadow. Hrw grew up without his father. He was educated by his mother Aset, a wise and resourceful lady, who prepared him for the greatest battle of his life.

## The Hero's Journey

- Anthony: The fight against the shadow of Sutek. Where is the Call to Adventure in this story?

The death of Hrw's father was Hrw's Call to Adventure. As painful and traumatic as it was, it became the catalyst for his transformation into a Hero. If his father had lived, Hrw wouldn't have been driven to train, fight, or discover his higher purpose. Dr Joe Dispenza said that "The worst that happened to you, is the best that happened to you" Your adversity is your call to adventure.

- Anthony: So, difficulties can be a Call to Adventure?

Yes they can. Adversity often acts as the spark that forces us to grow.

Take Theseus, for example. Like Hrw, Theseus also grew up without a father. One day, his mother told him, "Go to the Pine Forest and move the rock." Theseus followed his mother's instructions, and began trying to move the rock. When he finally moved the rock, he uncovered a sword and sandals left by his father. Those were priceless gifts.

- Anthony: Moving the rock was Theseus's Call to Adventure.

Indeed. The same applies to your life. Your "rock"—be it addiction, fear, or unresolved trauma—is your Call to Adventure. You can choose to be defeated by your challenges or use them as a catalyst for transformation. The difficulties you're currently facing may be the Universe's way, the tools which the Universe uses to call you to evolve into your higher self.

- Anthony: You said that the Call to Adventure can come in many forms.

Absolutely. I once worked with a man called Frank who wanted to become a life coach. He was passionate and eager to start his Hero's Journey. We

asked him to meditate twice a day for three months as part of his preparation.

- Anthony: Did he accept the call?

No, he didn't. Frank rejected the call, and as a result, he couldn't move to the next stage of his Hero's journey.

Here's an interesting detail: as you progress on your Hero's Journey, mentors and guides will appear. They'll give you tasks, those tasks are Calls to Adventure. The tasks are essential for your growth. If you reject these calls, you risk halting your journey altogether.

Remember, one day you may become a mentor yourself. If you can't answer your own Call to Adventure, how can you expect others to follow your guidance in the future?

- Anthony: That's a powerful lesson. Thank you.

You are welcome. Take this invisible gift home with you. The Call to Adventure is often disguised as adversity, challenge, or an invitation to step outside your comfort zone. How you respond to the call determines whether you begin your journey toward transformation—or remain in the ordinary world.

Go to [www.theherosjourney.co.uk/thecalltoadventure](http://www.theherosjourney.co.uk/thecalltoadventure)

## **Step 3**

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### **REJECTION OF THE CALL**

- Anthony - Hey Nelson, Here we are, ready to explore the 3rd step of the Hero's journey. Rejection of the call. I am sure I have rejected the Call to adventure several times in my life. I wasn't aware that the Hero's journey existed therefore I definitely rejected the call to change a few times. I am keen to see what you have to show me today.

Dr Joe Dispenza has a story that perfectly illustrates the 3rd step of the Hero's journey; Rejection of the call. A few months ago I spent hours watching the amazing and very inspirational testimonials which Dr Joe Dispenza's students leave after they complete their journey. One of those amazing and inspirational testimonials was left by a 25 something young lady, let's call her Claire. Claire had a very difficult journey . During her childhood, Claire lived with her mother and step father. Let's call Claire's mother Theresa and her step father Steve. Theresa had severe mental health problems. One day Theresa took Claire to the bath and tried to kill her by drowning her

- Anthony - Wow, that's deep trauma.

Claire survived the ordeal but was left traumatized. She started contemplating suicide from an early age. She persuaded herself that the best solution for her mental health struggles and trauma was suicide.

- Anthony - What about Steve?

Steve was a police officer.

- Anthony - Did he protect her?

In the ideal world Steve would have been the Hero, the protector and bringer of light. Steve didn't want to play the role of the Hero. He was happy to play the role of monster. Instead of protecting his step daughter, Steve, the police officer who made a living arresting sometimes shooting people who broke the law, raped Claire and added more trauma into her life.

- Anthony - Bro, this is a horrific story. Where is the refusal of the call in this story? I can't see step 3. Theresa rejected the call to adventure.

We could look into Theresa and say she rejected the call to adventure by traumatizing rather than loving her own daughter. However, Theresa's mental health problems would be enough to save her from the guilty verdict. Steve's journey is a whole different story. The ancient and universal energy, whatever name you want to give to the divine and invisible intelligence, Universe, God, Allah, Buddha, Jesus, Krishna, Maat, Athena, called Steve into an adventure. It presented him with the opportunity to become a Hero. He wasn't interested.

- Anthony - Step 2 of the Hero's journey - The call to adventure. What was the call?

## The Hero's Journey

Steve's Call was for him to become a Hero to Claire, to his family, community and generation. Instead of protecting Claire and making sure she had a "normal" childhood, Steve raped and traumatised her.

- Anthony - He refused the call to become a Hero. Although Claire's story is not fictional, it teaches me how mythology merges with real life. The victim, the monster, the Hero. Steve was definitely the monster in this story.

Indeed. Steve chose to become a destroyer, a monster rather than the Hero. I'll share another story which will help you to understand Step 3 of the Hero's journey.

- Anthony - Go on.

An ancient Kemetic or Egyptian King called Akhenaten. Akhenaten was one of the most famous and influential kings of Kemet (Ancient Egypt). Akhenaten created the concept of monotheism, the idea of forcing people to believe in one cult, one god and one mythological character.

- Anthony - That's major because he could be considered the father of modern organised religions such as Judaism, Christianity etc.

He is credited as the inventor of modern religions. Freud wrote a book called Moses and Monotheism. In his book Freud said that the mythical figure of Moses was based on Akhenaten.

- Anthony - Who was Akhenaten?

Akhenaten was the Nswt Bity, 10th ruler of the 18th Dynasty, 1550 BC -1292 BC. He was originally called Amenhotep. Amen means hidden, hotep means satisfied. "Amen is satisfied"

- Anthony - So Amen is satisfied. Is this the same Amen which billions of people pray to daily?

Yes.

- Anthony - What was Akhenaten's call to adventure?

For thousands of years, the people of Kemet gave thanks to a solar source. The source was called Amen Re. Amen was the invisible aspect of the creator. Re was the visible aspect of the creator. Ra was also called Hrw, light.

- Anthony - The people of Kemet - Ancient Egypt were free to worship many different gods and goddesses.

They didn't have many gods. They respected and paid tribute to the different aspects, different manifestations of the creator. Akhenaten changed that. 5 years after becoming king, Akhenaten changed the rules. He created laws which forbade people from worshipping any other source than Aten.

- Anthony - He was a dictator, rather than a benevolent king.

Yes, he was. He rejected the call to adventure. The call to become a good citizen, a good human being, a good ruler, a good king and a good shepherd of his people. Akhenaten's totalitarianism created a civil war in the country. He violated the principle of Maat, truth, justice, balance, harmony and peace.

- Anthony - “The rejection of the call is a very ancient thing”

Yes. Akhenaten rejected the call to become a good king. Many people of our times are rejecting the call to become good citizens. Good husbands, good fathers, good wives and good mothers. They reject the call to give up drinking, hatred, envy, loneliness, apathy, self destruction, addiction, bigotry ...

## The Hero's Journey

My friend Aaron is a gifted software developer based in Glasgow. About a year ago, a thirty-something chap approached my friend Aaron and said, "I'm a great web designer. I'm also an expert in social media and sales."

At the time, Aaron was in the throes of launching a startup. Excited by the offer, he said, "That's great! Let's join forces. Become my business partner. Bring your talents to the table, and together we'll work hard to build something extraordinary."

The chap agreed with enthusiasm, but 3 months passed, and something felt amiss. There were no designs, no sales, and no social media activity. Aaron started paying closer attention to the man's behavior and realized his new "business partner" had an entirely different agenda.

- Anthony: What did he want?

He wanted Aaron's business secrets to create his own venture. Quietly, he began collecting Aaron's documents, altering them to appear as his own, even adding his logo to Aaron's work.

- Anthony: Wow. That's not just plagiarism—it's shameless dishonesty.

The chap's behavior became increasingly erratic and toxic. Eventually, he left for Edinburgh, attempting to launch his own business selling Aaron's products as if they were his own.

Anthony: It's a sad tale.

Yes it is. He had a chance to collaborate, to build something new and beautiful. Instead, he chose deceit. Rather than embracing the call to adventure, he became a fraud—a mask-wearer, pretending to be what he was not. It's disheartening what unchecked ego and greed can do to a person. He rejected refinement and beauty, choosing instead the hollow

path of materialism and selfishness. He turned his back on spirituality, on the higher calling to be honest and true.

In doing so, he also rejected the Hero's Call—the invitation to rise above pettiness, to live with integrity, to follow *Maat*, the divine principle of truth, order, and harmony. Aaron was left with a choice: succumb to toxic energy or rise above it. He was given the chance to allow the shadow to take over through negative emotions, negative feelings and negative days and years. He could have easily thrown himself into addiction and self destruction.

- Anthony: What happens when the shadow takes over?

When you let the shadow consume you, you embark on the victim's journey instead of the Hero's journey. You feel sadness, anger, despair. The betrayer—trapped in his own cycle of victimhood—sought to pull Aaron into his frequency, his world of negativity and ego. But Aaron saw through it. He recognized the truth: this man had been called to an adventure and said no. He rejected the light and chose the shadow.

- Anthony: Why do people reject the call to adventure?

The dragon.

- Anthony: Which dragon?

The invisible dragon of ego. It whispers, "*I know better. I'll do it my way, on my terms.*" Those plagued by inferiority often wear the mask of superiority, a fragile shield for their wounded selves. They reject the call to heal themselves.

- Anthony: How can someone escape the traps of the ego?

By loving themselves. By investing in themselves. By healing themselves.

## The Hero's Journey

Love yourself unconditionally—not for what you've achieved, but for who you are. Invest in yourself by learning, reflecting, meditating, and growing. With love and patience, you'll find the strength to heal your wounds and tame the dragon within. Only then can you embrace the Hero's Call—to create, to collaborate, to live a life guided by truth and harmony.

- Anthony - Indeed. Can you please tell me more about step 4, meeting the mentor?

Let's do it tomorrow please.

- Anthony - Thank you Nelson. The stories you told me, inspire me to look at my own journey. I can see countless times I rejected the call to adventure. The call to give up things that no longer serve me. It won't happen again. Thank you.

Go to [www.theherosjourney.co.uk/step3](http://www.theherosjourney.co.uk/step3)

# Step 4

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## MEETING THE MENTOR



- Anthony - Hey Nelson, thank you for yesterday's session. The stories you told made me think, reflect on my own journey and see the calls which the Universe sent me. Can you please help me to understand step 4 of the Hero's journey? I've heard you talk about meeting the mentor. Why is this such an important step?

Yes. I'll gladly introduce you to step 4 of the Hero's journey. Let's return to Kemet, the year is 1922 in the "Valley of the kings" the place where a large number of ancient Kemetic, Egyptian kings were buried. After spending weeks digging, Howard Carter and his crew hit the biggest archeological jackpot of the 20th century. They finally found Tut Ankh Amen.

## The Hero's Journey

One of the rare and precious artefacts found inside the burial chamber of Tut Ankh Amen was a statue of Empu who Egyptologists call “Anubis”. Empu is sitting on top of a “golden box”.

- Anthony - Why leave a statue of a dog inside the tomb of a king?

The people of Kemet were very spiritual. They believe that Empu was a soul's guide. His main job was to guide the soul during its afterlife journey. That's the main reason why he was inside the tomb of king Tut. Dogs have a unique ability to smell danger.

That quality made them the ideal guide and “opener of the ways”. They open the way for the soul.

- Anthony - That's what a mentor does, he or she guides you and shows you how to avoid dangers.

Indeed. Whenever you look at myths and the Hero's journey. you will find a few common characters and elements present in the journey of every seeker, the man or woman who wants to become a Hero. The few common elements are

- 1 A quest - The sincere seeker is not a time waster, he or she has a quest
- 2 The sincere seeker has a guide, a mentor

Skywalker had Yoda, the guide who introduced him to the mysteries as well as instructed him how to find the “force”. Tut Ankh Amen had Empu, Theseus had his mother Aethra and his girlfriend Ariadne . Harry Potter had professor Dumbledore.

Who is guiding you? Who is your mentor?

Where is your guide leading you to? What's the destination?

These are very important questions which you can't afford to ignore.

- Anthony - I spent years trying to heal myself and overcome the shadow. I was a lone wolf therefore I kept failing. I see why I kept failing. I didn't have a mentor, I didn't have a guide.

It is because the Hero's Journey is a path laden with challenges, discoveries, and transformations. Yet, no hero ventures alone. You won't find a single human being on the planet who has been a Hero by him or herself. We all need mentors to guide us. The world is a labyrinth full of minotaurs. Who is going to help you find your way? Get your guide asap.

- Anthony - ***Why?***

Because the presence of a mentor is essential. A mentor is a guiding light that prepares the hero for the trials ahead.

- Anthony - The opener of the ways is an ancient character.

Indeed. Step 4 of the Hero's Journey—Meeting the Mentor—is the turning point where wisdom, tools, and encouragement are bestowed upon the hero, propelling them to the threshold of adventure. Without a mentor, there is no Hero's Journey, for the hero lacks the preparation to face what lies beyond. Let me share the journey of Telemachus.

## Telemachus and Athena: The First Mentor

The story of Telemachus, son of the great Odysseus, illustrates the crucial role of a mentor. Telemachus lived in Ithaca, disheartened and uncertain of his father's fate after the Trojan War. One day, an old man arrived and encouraged the young prince to take action. "You must go and seek your father," the visitor urged, planting a seed of resolve in Telemachus. What's your name? asked Telemachus. My name is Mentor, answered the old man.

## The Hero's Journey

Just as the old man was ready to leave, he revealed his true identity. He was not merely a mortal mentor but Athena, goddess of wisdom, disguised in human form.

- Anthony - Ok. So a mentor comes in many ways. It's not just a male thing.

Indeed. The first mentor of every human being is the mother. My mother, your mother and the mothers of your friends and relatives were our first mentors. Athena's mentorship gave Telemachus the courage to embark on his own adventure, searching for his father across the seas. This first encounter with a mentor marked Telemachus's transformation from a passive dreamer into an active seeker. The goddess's intervention reminds us that mentors often appear in unexpected forms, and their wisdom becomes the hero's foundation.

## Theseus and the Power of Dual Mentorship

The Athenian prince and hero Theseus also benefited from the influence of mentors, both women. Theseus' first mentor was his mother, Aethra, who prepared him for his call to adventure. She told him to go to the pine forest and lift a massive rock.

Beneath the rock lay a sword and sandals, symbols of his destiny. In guiding him to uncover his potential, Aethra acted as the spark of his Hero's Journey.

Theseus's second mentor, Ariadne, appeared later in his journey. Ariadne, the daughter of King Minos and princess of Crete, provided Theseus with the tool he needed to navigate the labyrinth: a linen thread. With it, Theseus found his way into the labyrinth to confront the Minotaur and, more importantly, Theseus used the thread to find his way out. Each mentor offered unique guidance, proving that mentorship can come in many forms

and from diverse sources. The city where you live, your life, past and present are labyrinths. How are you going to find your way in and way out of these labyrinths?

- Anthony - I need a mentor, a guide, an opener of the ways

## **William Shakespeare: Actor, Playwright and Mentor**

Even history's greatest figures were once mentored themselves. William Shakespeare's journey began as an actor in the competitive world of Elizabethan theater. In his book, "Shakespeare the biography", Peter Ackroyd said that Shakespeare worked as an actor in Thomas Kyd's play, "The Spanish Tragedy & the Jew of Malta". While performing on stage, Shakespeare learned the intricacies of storytelling, the rhythm of dialogue, and the art of captivating an audience. These early experiences acted as his first mentors, shaping the skills he would later refine.

- Anthony - So he didn't become a Hero of playwrights, actors and filmmakers by accident?

He definitely didn't. As Shakespeare transitioned from actor to playwright, he became a mentor in his own right. His plays, rich with character and emotion, became masterclasses for actors who sought to bring them to life. By embodying the dual role of student and teacher, Shakespeare illustrates how the Hero's Journey often cycles back, with heroes becoming mentors for the next generation. Do you listen to classical music?

## **Johann Sebastian Bach: A Legacy of Mentorship**

- Anthony - Not really. Who is Bach?

So you have never heard of Bach.

## The Hero's Journey

Bach was a classical musician and artist. He was one of the best, if not the best classical musicians in history. For Johann Sebastian Bach, mentorship was embedded in family tradition. His father, Johann Ambrosius Bach, was his first and only mentor. Under his father's instruction, young Bach learned the fundamentals of composition and performance, skills that would later define him as one of the greatest composers in history.

Bach's journey exemplifies how mentorship is not always dramatic; often, it is steady and foundational. His father's influence not only prepared him for his path but also instilled in him a sense of duty to mentor others. As a teacher and composer, Bach trained many young musicians, continuing the cycle of mentorship that had shaped his life.

- Anthony - He had one mentor in his entire life, his father. What a remarkable story.

We have looked at heroes in myths, literature and classical music. . Now let's look into sports.

## **Keely Hodgkinson: A Modern Hero's Mentorship**

Keely Hodgkinson, an Olympic gold medalist, owes much of her success to the mentors who shaped her journey. Keely is guided by two coaches, a male coach and a female coach, Jenny Meadows. Meadows, a former professional athlete, brings a unique perspective to Keely's training. Having once stood where Keely now stands, Meadows understands the mental and physical demands of elite athletics. Her mentorship is rooted not just in technical advice but in shared experience.

Keely's journey highlights the modern dynamic of mentorship, where collaboration and diversity of perspective enrich the hero's preparation.

With her mentors, Keely has crossed the threshold of ordinary achievement into the extraordinary realm of Olympic greatness. Keely won the gold medal at the Paris Olympics in 2024. In the same year, a Spanish defender called Rodri won the Ballon D'or, the highest prize a professional football player can win.

- Anthony - What did he do to achieve such a prestigious prize?

He followed the instructions of the best manager, a mentor called Pep Guardiola. Keely won the gold medal at the Paris Olympics. She didn't just go and do it. She has a mentor who coaches her.

- Anthony - Everything happens for a reason

## The Mentor's Role in Crossing the Threshold

In every Hero's Journey, the mentor prepares the hero for the next critical step: Crossing the Threshold. This moment marks the hero's departure from the familiar into the unknown, armed with the tools, knowledge, and encouragement provided by their mentor. Without the mentor's guidance, this transition would be impossible.

- Anthony - I keep thinking of the dog left inside Tut Ankh Amen's resting place. A powerful symbol used to remind us of that essential and life changing character we call a mentor.

Mentors come in many forms: a parent, a goddess, a coach, or even a role model like Shakespeare or Bach. They are united by their ability to see the hero's potential and their willingness to help the hero realize it. Meeting the mentor is not just a step in the Hero's Journey; it is the step that makes the journey possible.

Ariadne, the princess from Crete saved Theseus' life by giving the thread which enabled the Athenian prince to cross the threshold. Moving from the

## The Hero's Journey

ordinary, visible world into the dark and dangerous dungeon was Theseus' step 5 crossing the threshold

- Anthony - The Hero's journey is not a solo journey

Definitely not. Whether you are battling an addiction or want to create a new career, you need a mentor to guide you.

## George Lucas, the power of myth

Before becoming a prolific filmmaker, George Lucas made a living as a racing driver. One day he decided to hang up his driver's gloves and went to study filmmaking. He was a very clever young man. He realised that he needed a mentor to help him succeed in his new profession. He looked around and discovered the outstanding work of Joseph Campbell. He contacted Mr Campbell and asked him if he could become his mentor. Joseph Campbell accepted the request. It was Joseph Campbell who introduced George Lucas to myths and to this profound subject of the Hero's journey. Joseph Campbell guided and helped him to Star Wars.

- Anthony - Star Wars is undoubtedly one of the most successful film franchises in the history of filmmaking. George Lucas' journey shows the power of a mentor. We all need a guide, a mentor to guide us. Thank you so much Nelson, for showing me the 1st 4 steps of the Hero's journey. Thank you for your guidance. What's the next step of the Hero's journey?

You are welcome. The next step of the Hero's journey is Crossing the Threshold.

## Exercise - Gratitude

### The Hero's Journey Meditation Guide

**Step 1: Begin Your Journey – Find Your Sanctuary** Choose a quiet, clean, and peaceful place to embark on your inner quest. This could be your home, a serene spot in nature, or a prayer room in your office. Ensure the space feels sacred and free from distractions.

**Step 2: Prepare for the Journey – Take Your Seat** Sit comfortably, grounding yourself for the adventure ahead. If possible, sit in the lotus position, symbolizing balance and readiness. You may also lie down, but be cautious—falling asleep may distract you from this part of your Hero's Journey.

**Step 3: Open to Receive – Position Your Hands** Bring your hands together, placing one on top of the other as though you are ready to receive a gift. This symbolizes your openness to the guidance and gifts of the Divine.

**Step 4: Cross the Threshold – Close Your Eyes** Close your eyes and step into the sacred silence. This is the moment you leave the ordinary world behind and enter the realm of transformation.

**Step 5: Express Gratitude – Connect with the Divine** With your eyes closed, acknowledge and honor the forces guiding you on your journey:

- "Thank you, Universe, thank you, Divine, for blessing me."
- "Thank you for protecting me, for guiding me, and for inspiring me to find the Hero within."
- "I am grateful for all the gifts, memories, and experiences you have brought into my life."

## The Hero's Journey

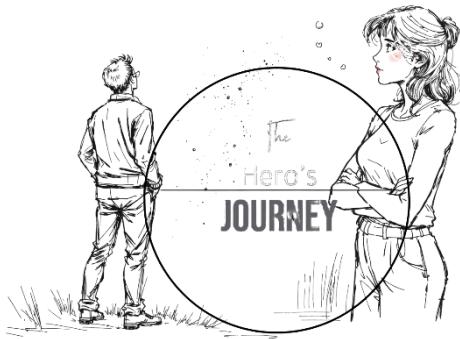
- "Thank you for leading me toward bliss and fulfillment."

This gratitude grounds you in the present moment and opens your heart to the wisdom and strength you seek.

**Step 6: Return – End Your Meditation** When you feel ready, open your eyes and return to the world of the senses. Your meditation aligns with the Hero's Journey, helping you uncover the Hero within and bring transformation to your life.



# INVITATION TO START YOUR HERO'S JOURNEY



Dear reader

Your Life and the 5 Dimensions

Every life—yours, mine, and the lives of those you love—is built upon five key dimensions. Understanding these dimensions can help you navigate life’s challenges and embrace your potential. Let’s explore them:

## 1. The Spiritual Dimension

This is the realm of your inner self: your mental health, your thoughts, and your soul. It's where your purpose, beliefs, and values reside, shaping how you perceive and engage with the world.

## 2. The Emotional Dimension

Your emotional life is deeply rooted in four types of family connections:

**Biological Family:** This includes your parents, grandparents, siblings, and extended relatives.

**Soul Family:** These are the relationships you create, including your spouse, children, and grandchildren. These bonds form the foundation of love, support, and connection in your life.

**Your Social Family**

This includes your broader connections—your society and your friends. These are the people who influence your social interactions and contribute to your sense of belonging in the world.

**Your Hero's Journey Family**

This unique family is made up of individuals who have completed their own Hero's Journey. Having faced and overcome challenges, they are now equipped with valuable insights, tips, and advice to help guide you forward on your own journey.

## 3. The Social Dimension

This dimension encompasses your friends, acquaintances, and your role in society. It's about how you interact with the wider world and the

contributions you make. Key Question: What role do you play in your community or society?

## 4. The Professional Dimension

This dimension relates to your career and livelihood. What do you do for a living? What are your primary sources of income? Your professional dimension reflects your purpose and productivity in the world.

## 5. The Physical Dimension

This is your biological and physical health. Your immune system, overall well-being, and physical fitness are the cornerstones of this dimension. It's the vessel that carries you through life.

### Crisis: A Turning Point

At some point in your life, one or more of these five dimensions will face a crisis. It could be:

- The death of a loved one.
- Losing a job or career.
- The end of a meaningful relationship.
- Battling trauma, addiction, or physical illness.
- Betrayal, anxiety

When a crisis strikes, you have two choices:

Start the Victim's Journey, dwell in despair and helplessness like so many do or embark on the Hero's Journey, confronting challenges and emerging stronger, wiser, and more resilient.

## The Hero's Journey

But why wait for a crisis? You can begin your Hero's Journey today, building strength and purpose in every dimension of your life before hardship arrives.

Are You Ready to Begin?

Take the first step toward transformation and fulfillment.

Visit us and start your journey today. The hero within you is waiting.

[www.theherosjourney.co.uk](http://www.theherosjourney.co.uk)

[Email us@ theherosjourneyteam@gmail.com](mailto:Email us@ theherosjourneyteam@gmail.com)

Thank you for reading.