

“There are only two or three human stories, and they go on repeating themselves as fiercely as if they had never happened before”

Willa Cather

# The Hero's Journey



- ⦿ 1904 – 1987
- ⦿ American professor, writer, speaker, anthropologist, and mythologist
- ⦿ **“Find your Bliss”**
- ⦿ **The Monomyth**
- ⦿ Myths all have common traits regardless of the culture to which they belong.
- ⦿ Interested in Eastern thought

# Joseph Campbell, *A Hero With a Thousand Faces*

- ❶ **HERO MONOMYTH** (also known as the Hero's Journey):
- ❷ “A hero ventures forth from the world of common day into a region of supernatural wonder: fabulous forces are there encountered and a decisive victory is won: the hero comes back from this mysterious adventure with the power to bestow boons on his fellow man.”

# 3 Key Phases of Hero's Journey

1. Departure: a separation from the world
  2. Initiation: a penetration to some source of power
  3. Return: a life-enhancing return; reintegration with society usually, although not always
- ⊗ This pattern occurs in all hero adventures
  - ⊗ Journey: about growth and passage; moving into a new level of awareness, skill, and responsibility

# Examples of Hero's Journey in pop culture





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# Heroic Journey

(3 phases broken down into 12 stages)

1. THE ORDINARY WORLD

2. THE CALL TO  
ADVENTURE

3. REFUSAL OF THE CALL

4. MEETING WITH THE  
MENTOR

5. CROSSING THE  
THRESHOLD

6. TESTS, ALLIES, AND  
ENEMIES

7. APPROACH (Belly of the  
Whale)

8. THE ORDEAL

9. THE REWARD

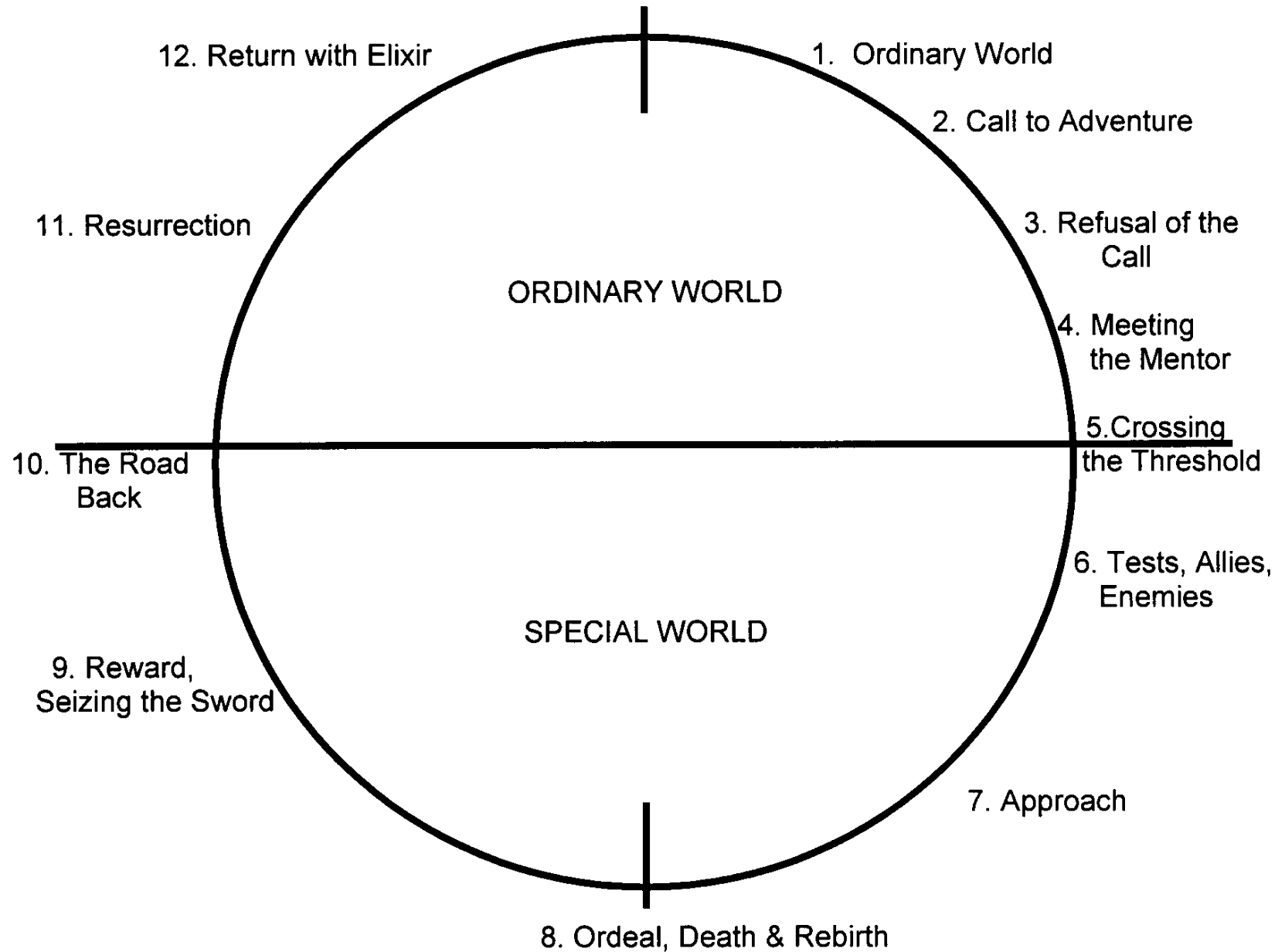
10. THE ROAD BACK

11. THE RESURRECTION

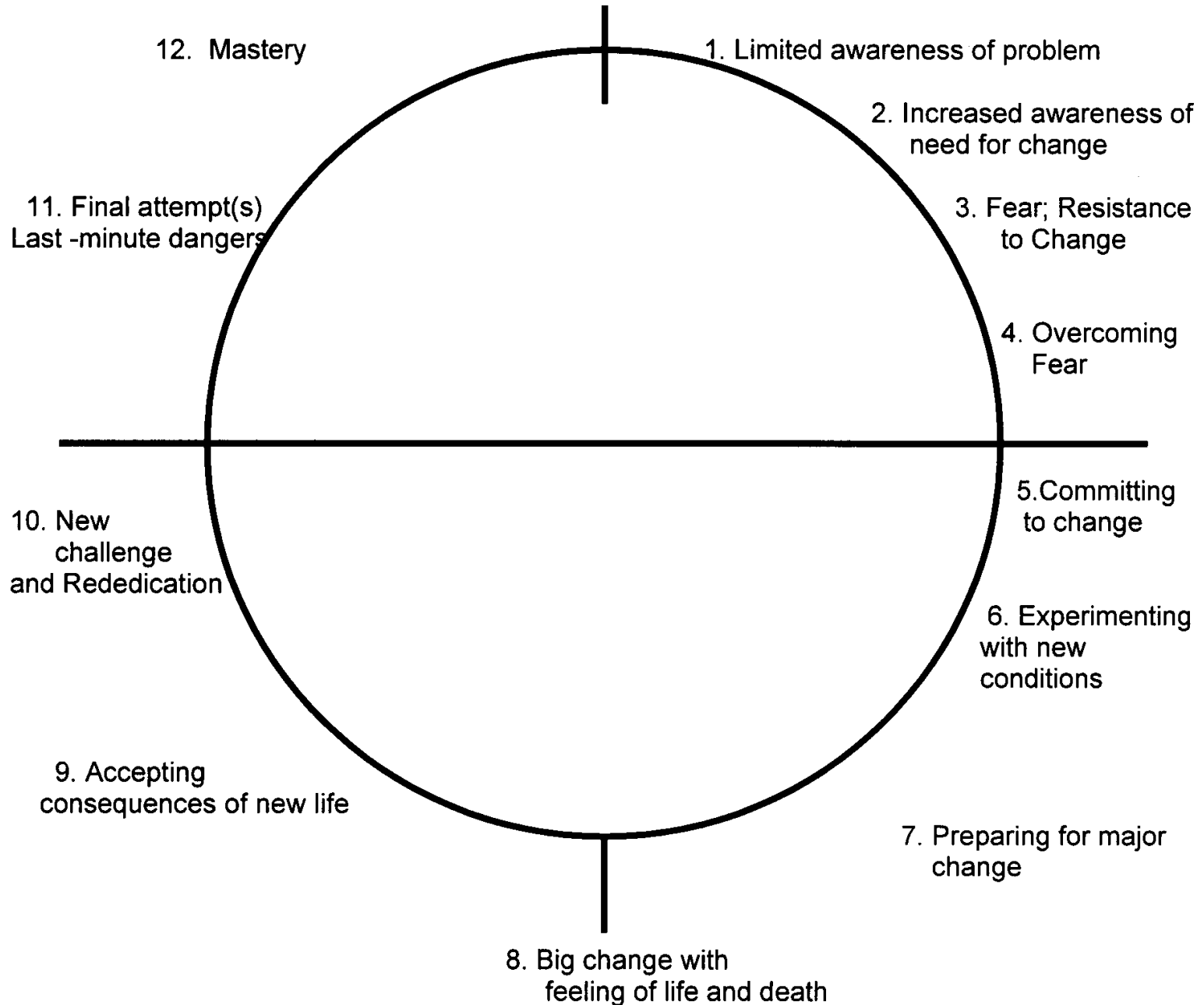
12. RETURN WITH THE  
ELIXER



# THE HERO'S JOURNEY



# THE HERO'S INNER JOURNEY



# Characteristics of the Hero

- ⊗ A person of exceptional gifts
- ⊗ The hero is usually male
- ⊗ He is venerated by his society
- ⊗ Or he is unrecognized or disdained
- ⊗ He and / or his world suffers from a symbolic deficiency
- ⊗ A person of exceptional gifts

# Characteristics of the Hero

- ⊗ The hero is successful. He achieves a triumph (domestic/microcosmic on a fairytale level; macrocosmic on a world-historical level)
- ⊗ The hero is often times of lowly birth (may secretly have special birth powers or high birth powers he is unaware of)
- ⊗ The hero's parents are dead or absent
- ⊗ The hero's acts must entail a “nobility of purpose”
- ⊗ He is willing to risk his life



# The Inner Journey

- ⦿ Hero model also translates to a psychological and spiritual journey
- ⦿ This hero is a figure of self-development
- ⦿ Exterior dimension represents the interior dimension

# Characteristics of the Hero's Inner Journey

- ⊗ Mythological realm is within; journey of the soul
- ⊗ The first step, detachment or withdrawal, consists of a radical transfer of emphasis from the external to the interior world
- ⊗ Interior world: subconscious
- ⊗ World of psyche is where struggle and conflict really reside
- ⊗ Triumph or victory represents the assimilation or reconciliation of the subconscious and conscious (id and ego)
- ⊗ This hero is a man or woman

# Characteristics of the Hero's Inner Journey cont'd

- ⊗ Dangerous task: self-discovery
- ⊗ “It is those who know neither an inner call nor an outer doctrine whose plight truly is desperate” (23).
- ⊗ Has moral courage
- ⊗ Interiority impact the inner and outer self—good of society also
- ⊗ Confronts inner fears, shadow (Jung), demons, darkness; ego

# Characteristics of the Hero's Inner Journey cont'd

- ⊗ Heroic activities: enduring emotional hardship and anguish; inner conflict; meditation; connecting with center of self
- ⊗ these experiences or acts go unnoticed or are dismissed
- ⊗ Effect is that the hero expends psychic energy
- ⊗ Raises levels of social awareness and betters collective cultural consciousness
- ⊗ Works towards improvement of society



