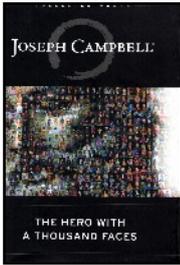


# Conscious spirituality in search of truth...



## JOSEPH CAMPBELL: THE HERO WITH A THOUSAND FACES-12 STEPS

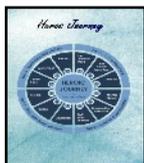
In 1949 Campbell released "The Heros Journey" a publication containing an expose on twelve psychological metaphors representing inner spiritual journeying, challenges faced, encouragement received, mentors met and barriers encountered along the way. Campbell's legacy is a profound research of comparative religions, mythology, ritual associated with finding the meaning of life and why we are here.

In Campbell's highly inspiring work "The Hero With a Thousand Faces" he details these connections succinctly. For serious seekers of Truth and probers of conscious spirituality and an interconnectedness to "inner-work," Campbell offers pathways for exploring these meanings. The Joseph Campbell Foundation website offers articles and similar resources.

One key aspect of Campbell's work is associated with "The Heros Journey" a summary of twelve steps that lead seekers of Truth along a metaphorical pathway of exploration that enable a real awakening. A diagram below outlines the steps with an explanation following. An extract from "The Hero With a Thousand Faces" also appears below.  
 –Philip Crouch, Tasmania, 2020

### JOSEPH CAMPBELL: THE HERO'S JOURNEY- SUMMARY OF THE 12 STEPS





## JOSEPH CAMPBELL HERO'S JOURNEY- THE TWELVE STEPS



- (1:) **THE ORDINARY WORLD** - Here the person is introduced to the audience. He doesn't know his personal potential or calling.
  
- (2:) **CALL TO ADVENTURE** - The call to adventure is the point in a person's life when he is first given notice that everything is going to change, whether he knows it or not.
  
- (3:) **REFUSAL OF CALL/RELUCTANT HERO** - Often when the call is given, the future hero refuses to heed it. This may be from a sense of duty or obligation, fear, insecurity, a sense of inadequacy, or any of a range of reasons that work to hold the person in his current circumstances.
  
- (4:) **MEETING WISE MENTOR** - Once the hero has committed to the quest, consciously or unconsciously, his guide and magical helper appears, or becomes known.
  
- (5:) **THE FIRST THRESHOLD** - This is the point where the person actually crosses into the field of adventure, leaving the known limits of his world and venturing into an unknown and dangerous realm where the rules and limits are not known.
  
- (6:) **TESTS, ALLIES AND ENEMIES** - The road of trials is a series of tests, tasks, or ordeals that the person must undergo to begin the transformation. Often the person fails one or more of these tests, which often occur in 3s.
  
- (7:) **SUPREME ORDEAL**- This is sometimes described as the person's lowest point or darkest moment. The separation has been made between the old world and old self and the potential for a new world/self. By entering this stage, the person shows her/his willingness to make a change, to die and become a new person.



**(8:) REVISITING THE MENTOR** - The person revisits the teachings of an old mentor or meets and learns from a new mentor and subsequently returns to the path s/he started on.

**(9:) RETURN WITH NEW KNOWLEDGE-** The trick in returning is to retain the wisdom gained on the quest, to integrate that wisdom into a human life, and then maybe figure out how to share the wisdom with the rest of the world. This is usually extremely difficult.

Just as the hero may need guides and assistants to set out on the quest, often times he or she must have powerful guides and rescuers to bring them back to everyday life, especially if the person has been wounded or weakened by the experience.

**(10:) SEIZING THE SWORD (OR PRIZE)-** Here the hero confronts and defeats old enemies with the new power and knowledge gained. S/he is able to overthrow or defeat the opponent.

**(11:) RESURRECTION** -The old self dies physically or spiritually and moves beyond the normal human state. This is a god-like state where the hero acknowledges her/his new stature. Another way of looking at this step is that it is a period of rest, peace and fulfilment before **the hero begins the return.**

**(12:) RETURN WITH ELIXIR\*** - The return with elixir is the achievement of the goal of the quest. It is what the person went on the journey to get. All the previous steps serve to prepare and purify the person for this step, since in many myths the elixir is like a plant, or a magic potion or medicine, that supplies immortality.

For a human hero, it means achieving a balance between material and spiritual world. There is freedom to live and freedom from the fear of death. This is sometimes referred to as "living in the moment".

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**JOSEPH CAMPBELL: THE HERO WITH A THOUSAND FACES: *EXTRACT***

“It will always be the one, shape-shifting yet marvelously constant story that we find, together a challengingly persistent suggestion of more remaining to be experienced than will ever be known or told. Throughout the inhabited world, in all times, and under every circumstance, the myths of (people) have flourished; and they have been the living inspiration of whatever else may have appeared out of the activities of the human body and mind.

It would not be too much to say that myth is the secret opening through which the inexhaustible energies of the cosmos pour into human cultural manifestation. Religious, philosophies, arts, the social forms of primitive and historic (people), prime discoveries is science and technology, the very dreams that blister sleep, boil up from the basic, magic ring of myth.”



**Suggested resources:**

Hero With a Thousand Faces, Joseph Campbell,

<https://www.bookdepository.com/Hero-with-Thousand-Faces-Joseph-Campbell/9781577315933?ref=grid-view&qid=1578866763497&sr=1-2>

<https://www.youtube.com/watch?v=aGx4lppSgU&list=PLePFb3rlFbw4G1aPfn-9HIH5epz0vFXKq>

<https://herosjourneyfoundation.org/>

House of Ideas [assignment] PDF Extract, summary 12 steps

[http://www.houseofideas.com/mscornelius/assignments/mythology/research\\_paper/the\\_hero\\_packet.pdf](http://www.houseofideas.com/mscornelius/assignments/mythology/research_paper/the_hero_packet.pdf)

