**The Hero’s Journey** Based on Joseph Campbell’s *The Hero with a Thousand Faces*

**A. Departure**

***The Call to Adventure***  -The call to adventure is the point in a person's life when they are first given notice that everything is going to change, whether they know it or not. This call is aided by the Mundane Present (the Hero knows the present is boring, unpromising, or there is something wrong with it).

***Refusal of the Call*** - 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 or her current circumstances.

*Supernatural Aid* - Once the hero has committed to the quest, consciously or unconsciously, his or her guide and some sort of magical helper appears, or *becomes known*. Often this is a physical gift.

***The Crossing of the First Threshold*-** This is the point where the person actually crosses into the field of adventure, leaving the known limits of his or her world and venturing into an unknown and dangerous realm where the rules and limits are not known.

***The Belly of the Whale*** -The belly of the whale represents the final separation from the hero's known world and self. It is sometimes described as the person's lowest point, but it is actually the point when the person is between or transitioning between worlds and selves. The separation has been made, or is being made, or being fully recognized between the old world and old self and the potential for a new world/self. The experiences that will shape the new world and self will begin shortly, or may be beginning with this experience which is often symbolized by something dark, unknown and frightening. By entering this stage, the person shows their willingness to undergo a metamorphosis, to die to him or herself.

**B. Initiation**

***The Road of Trials***  -The road of trials is a series of challenges, 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 threes. Character Archetypes often encountered on the Road include, friends (side-kicks and comedians), the anti-hero or villains (people like the hero who choose evil over good), and mentor (someone with knowledge to help the hero along).

***The Meeting with the Goddess*-** The meeting with the goddess represents the point in the adventure when the person experiences a love that has the power and significance of the all-powerful, all encompassing, unconditional love that a fortunate infant may experience with his or her mother. This is a very important step in the process and is often represented by the person finding the other person that he or she loves most completely.

***The Temptress*** This step is about those temptations that may lead the hero to abandon or stray from his or her quest, which as with the Meeting with the Goddess does not necessarily have to be represented by a woman.

***The Ultimate Boon*** - The ultimate boon 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 boon is something transcendent like the elixir of life itself, or a plant that supplies immortality, or the Holy Grail.

**C. Return**

***Refusal of the Return*** -So why, when all has been achieved, the ambrosia has been drunk, and we have conversed with the gods, why come back to normal life with all its cares and woes? Many heroes just don’t want the journey to end.

***The Magic Flight*** -It can be just as adventurous and dangerous returning from the journey as it was to go on it.

***Master of Two Worlds*** – This is the powerful knowledge of one’s past and present.

***Freedom to Live*** - Mastery of the new world and return to the old world leads to freedom from the fear of death, which in turn is the freedom to live. This is sometimes referred to as living in the moment, neither anticipating the future nor regretting the past.

Hero’s Journey Assignment

General Instructions:

- Using the broad steps of Joseph Campbell’s Hero’s Journey, create your own Hero’s Journey

- Like exemplar on board… make sure to include drawings or photos so that it is colorful.

- Presentations will be 5-7 minutes long so practice and make it so!

Specific Considerations:

1. Find a good medium to tell your story.

- Power Point

- Video (Include Title Cards?)

- Poster

2. Put in your OWN EXPERIENCES to chart your heroic journey.

* Choose a set period of time.

Examples: Middle school, your first year of high school, a season in a sport you participate in, a summer at a camp, or an interesting period

3. **Paragraph Requirement:** Recognize any patterns that might indicate a Theme of Universal Human Struggle. If you are unable to come up with one, find something you have LEARNED that you can hopefully include as your **Ultimate Boon**. Then, go back and consider your journey, and see why this thing you learned is important to you now. Whether you were aware of it or not, you may have been struggling for some kind of help, understanding, or specific knowledge. Write a paragraph (at least 5-7 sentences) on this Theme and turn it in with your Hero’s Journey.

4. Variations and Acceptable Substitutes:

Conditions:

If your own Journey is too personal / not wanting to present for the class.

OR

If you do not feel Agency / Ownership over a specific period of time to create this life map (you are stuck in the mundane present perhaps?).

1. You May: Borrow liberally from another life that illustrates the same principles and lends itself to a nice paragraph on a Theme of Universal Human Struggle
2. You May: Make one up on your own… who knows, maybe we can write up a screenplay and make a pile of money.