

# The Hero's Inner Journey Part II

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## Quest, Realization and Return

### The Hero's Inner Journey

- Departure
- Quest
- Realization
- Return

## Trials and Errors

- We are unrealistically optimistic about how quick and easy the journey will be
- We get distracted and let our intention wane
- We get blocked and bogged down
- We get bored and are tempted by different 'newer' paths

## Conflict

- We feel isolated and alone with our 'strange' ideas and experiences
- We are filled with doubt
- We get anxious and depressed without reason (purification)
- We struggle to balance the demands of the world and our inner aspirations

## Ordeal and Crisis

- We struggle with our deepest fears and attachments
- The whole thing feels hopeless; it is pointless to continue
- We experience spiritual dryness—a *dark night of the soul*

## Realization

- Death and Rebirth
  - We cease to struggle and surrender to the experience
  - Our old self images dissolve
  - The unexpected happens; we feel a sense of something shifting

## Realization

- Attainment
  - Something fundamental has changed
  - There is a sense of inner joy and expansion
  - We feel connected to ourselves, to others and to the world

## Realization

- Challenge
  - We try to hold on to the experience but it slips away over time
  - We realize we do not own or control the gifts we are given
  - Realization is only the beginning of a further journey



## Return

- Journey Back
  - We have to engage with the ordinary world though it feels tedious and empty
- Tension of Two Worlds
  - We learn to stay connected with our inner experience while engaged with the world
- Integration
  - We feel content and practice selfless loving service

## Practices for the Inner Journey

- Be Still
  - Take time to connect to your inner Self
- Nurture Intention
  - Maintain a strong commitment to your path
- Seek Inner Guidance
  - Ask for and listen to your inner guidance
- Reflect
  - Foster self-awareness and self-acceptance
- Act
  - Make a positive difference in the world