

18. Freedom to Live <sup>(finish)</sup>

1. Ordinary World

17. Master of Two Worlds

2. Call to Adventure / The Spark

16. Crossing Return Threshold

3. Refusal of the Call

15. Rescue from Without

4. Supernatural Aid / meet mentor

14. Magic Flight / Road Back

5. Crossing First Threshold / Meet Helpers

13. Refusal of the Return

6. Belly of the Whale

12. The Ultimate Boon / Reward / Transformation / Magic Elixir

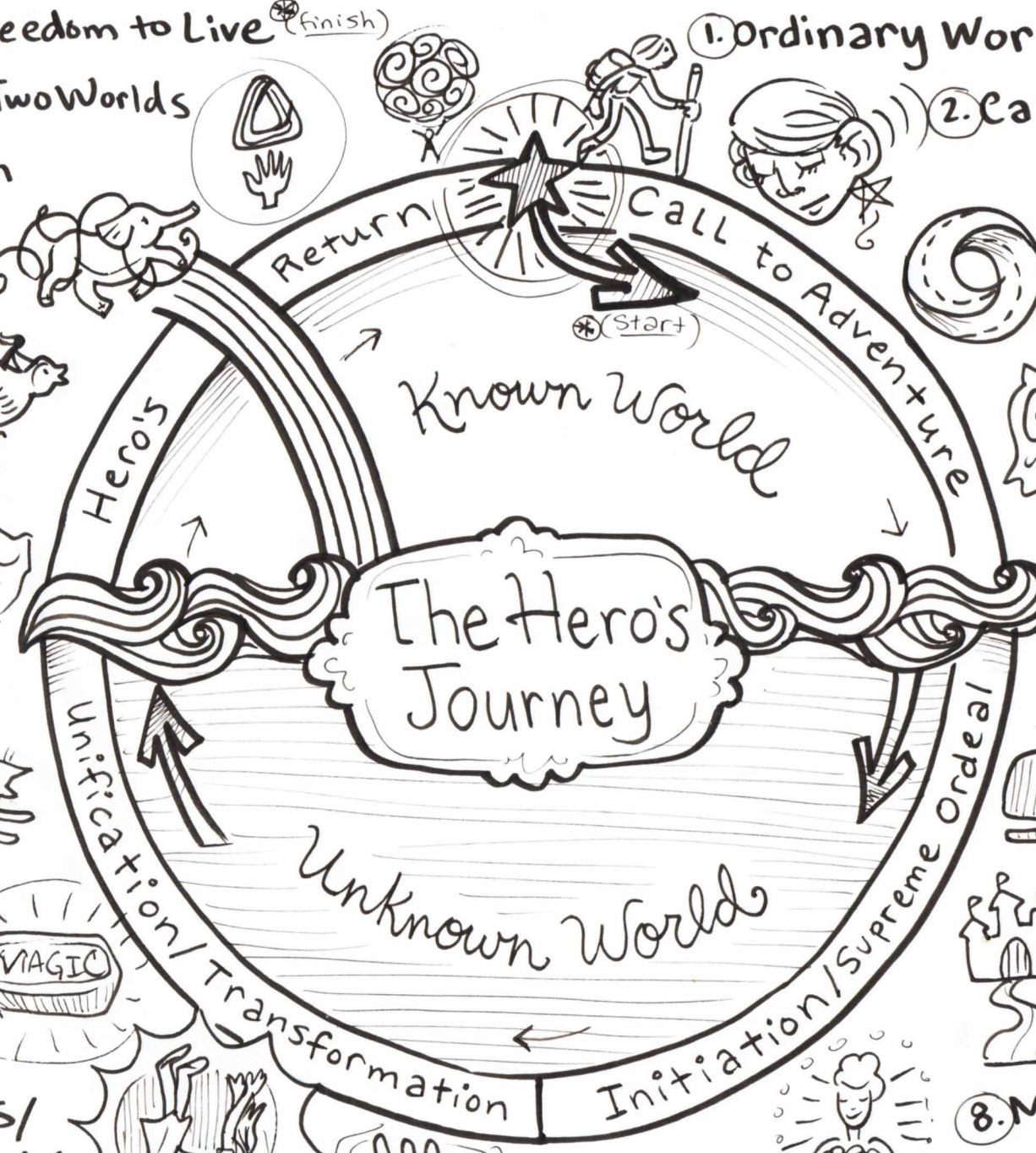
7. Road of Trials / Tests / Enemies / Challenges

11. Apostasis / Death & Rebirth / Abyss / Revelation

8. Meeting With The Goddess

10. Attonement with the father / Approach

9. Temptation



AKA: Monomyth  
 inspired by Joseph Campbell  
 made by Lauree  
 Layout inspired by Pinterest / Account Planning

## **Hero's Journey MONOMYTH**

### **1. Ordinary World**

The hero starts off in the mundane situation of normality.

### **2. Call to Adventure**

Information is received that acts as a call to head off into the unknown.

### **3. 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, sense of inadequacy, etc.

### **4. Supernatural Aid**

Once the hero has committed to the quest, consciously or unconsciously, their guide and magical helper appears, or becomes known.

### **5. Crossing 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 rules and limits are not known.

### **6. Belly of the Whale**

The belly of the whale represents the final separation from the hero's known world and self. By entering this stage, the person shows their willingness to undergo a metamorphosis.

### **7. Road of Trials**

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 threes.

### **8. Meeting with the Goddess**

This is the point when the person experiences a love that has the power and significance of the all-powerful, an encompassing, unconditional love that a fortunate infant may experience with his or her mother.

### **9. Temptation**

This step is about those material temptations that may lead the hero to abandon or stray from his or her quest.

### **10. Atonement with the Father**

In this step the person must confront and be initiated by whatever holds the ultimate power in their life. In many stories this is the father, or a father figure who has life and death power.

### **11. Apostasis**

When someone dies a physical death, or dies to the self to live in the spirit, they move beyond the pairs of opposites to a state of divine knowledge, love, compassion and bliss.

### **12. 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.

### **13. Refusal of the Return**

Having found bliss and enlightenment in the other world, the hero may not want to return to the ordinary world to bestow the boon onto others.

### **14. Magic Flight**

Sometimes the hero must escape from the boon. This can be just as adventurous and dangerous returning from the journey as it was to go on it.

### **15. Rescue from Without**

Oftentimes the hero needs a powerful guide to bring them back to everyday life, especially if the person has been wounded or weakened by the experience.

### **16. Crossing the Return Threshold**

Retaining the wisdom gained on the quest, integrating that wisdom into a human life, and possibly sharing the wisdom with the rest of the world.

### **17. Master of Two Worlds**

Achieving a balance between the material and spiritual (the inner and outer world).

### **18. Freedom to Live**

Mastery 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.

\*Text from The Royal Society of Account Planning