

AWAKENING THE HERO WITHIN



TWELVE ARCHETYPES TO
HELP US FIND OURSELVES AND
TRANSFORM OUR WORLD

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THE HERO'S JOURNEY

Some people, we say, have "soul." They have loved, they have suffered, they have a deep sense of life's meaning. Perhaps most important, they know who they are. Other people seem to have lost their souls. They may have material possessions - the right car, the right job, the right clothes; they may even have a stable family life and be religious. But inside themselves, they feel empty. Even when they go through the right motions, it is movement without meaning.

Still other people love and suffer and feel life intensely; but they never really get their lives together. They cannot seem to find work or personal relationships that truly satisfy them, and so they feel constantly constrained. Although they may be connected to their souls, they feel cut off from the world.

Saddest of all are people who never learn how to make their way in the world or how to be true to their own souls. Their lives are empty and unrewarding - yet unnecessarily so; all of us are capable of finding meaning and purpose in our lives.

We find a model for learning how to live in stories about heroism. The heroic quest is about saying yes to yourself and, in so doing, becoming more fully alive and more effective in the world. For the hero's journey is first about taking a journey to find the treasure of your true self, and then about returning home to give your gift to help transform your kingdom - and, in the process, your own life. The quest itself is replete with dangers and pitfalls, but it offers great rewards; the capacity to be successful in the world, knowledge of the mysteries of the human soul, the opportunity to find and express your unique gifts in the world, and to live in loving community with other people.



Each journey is unique, and each seeker charts a new path. But it is easier to do so having some knowledge about the experiences of those who have gone before. When we learn about the many different heroic paths available to us, we understand that there is room for all of us to be heroic in our own unique ways.

The hero's journey is not another self-improvement project. It is an aid in finding and honoring what is really true about you. Knowing that you are a hero means that you are not wrong. You have the right mind. You have the right body. You have the right instincts. The issue is not to become someone else, but to find out what you are for. It means asking yourself some questions: What do I want to do? What does my mind want to learn? How does my body want to move? What does my heart love? Even problems and pathologies can be responded to as "calls from the gods" to a previously denied or avoided stage of the journey. So you might ask yourself, "What does this problem or illness help me learn that can aid my journey?"

The rewards of self-discovery are great. When we find ourselves, everything in life seems to fall into place. We are able to see our beauty, intelligence, and goodness. We are able to use them productively, so we are successful. We are less caught up in improving ourselves, so we can relax and love and be loved. We have everything we need to claim our full humanity, our full heroism.

We are aided on the journey by inner guides, or archetypes, each of which exemplifies a way of being on the journey. There are twelve such inner guides: the Innocent, the Orphan, the Warrior, the Caregiver, the Seeker, the Lover, the Destroyer, the Creator, the Ruler, the Magician, the Sage, and the Fool. Each archetype that comes into our lives brings with it a task, a lesson, and ultimately, a gift. The archetypes together teach us how to live. And the best part about it is that all the archetypes reside in each of us. That means that we all have this full human potential within ourselves.



STAGES OF THE JOURNEY

PREPARATION

The first four archetypes help us to prepare for the journey. We begins in innocence, and from the **Innocent** we learn optimism and trust. When we experience “the fall,” we become Orphans, disappointed, abandoned, betrayed by life - and especially by the people who were supposed to care for us. The **Orphan** teaches us that we need to provide for ourselves and stop relying on others to take care of us, but the Orphan feels so powerless and helpless that its best strategy for survival is to band together with others for mutual aid.

When the **Warrior** comes into our lives, we learn to set goals and develop strategies for achieving them, strategies that almost always require the development of discipline and courage. When the **Caregiver** becomes active, we learn to take care of others, and eventually to take care of ourselves as well.

These four attributes - basic optimism, the capacity to band together for support, the courage to fight for yourself and others, and compassion and care for yourself and others - together provide the basic skills for living in society. But almost always, we still feel unsatisfied if this is all we can do, even though we have learned what is necessary to be both moral and successful in the world.

THE JOURNEY

We begin to yearn for something beyond ourselves, and become **Seekers**, searching for that ineffable something that will satisfy. Answering the call and embarking on the journey, we find that soon we are experiencing privation and suffering, as the **Destroyer** takes away much that had seemed essential to our lives. Initiation through suffering, however, is complemented by an initiation into Eros, the **Lover**, as we find ourselves in love with people, causes, places, work. This love is so strong it requires commitment - and we are no longer free. The treasure that emerges out of this encounter with death and love is the birth of the true self. The **Creator** helps us begin to express this self in the world and prepares us to return to the kingdom. These four abilities - to strive, to let go, to love, and to create - teach us the basic process of dying to the old self and giving birth to the new. The process prepares us to return to the kingdom and change our lives.



THE RETURN

When we return, we realize we are **Rulers** of kingdoms. At first we may be disappointed at the state of this realm. But as we act on our new wisdom and are more fully true to our deeper sense of identity, the wasteland begins to bloom. As the **Magician** is activated in our lives, we become adept at healing and transforming ourselves and others so that the kingdom can continually be renewed.

However, we are not completely fulfilled or happy until we face our own subjectivity, and so the **Sage** helps us know what truth really is. As we learn to both accept our subjectivity and let go of imprisonment to illusions and petty desires, we are able to reach a state of nonattachment in which we can be free. We are ready to open to the **Fool** and learn to live joyously in the moment without worrying about tomorrow.

The final set of attainments - taking total responsibility for our lives, transforming and healing ourselves and others, nonattachment and a commitment to truth, and a capacity for joy and spontaneity - is itself the reward for the journey.

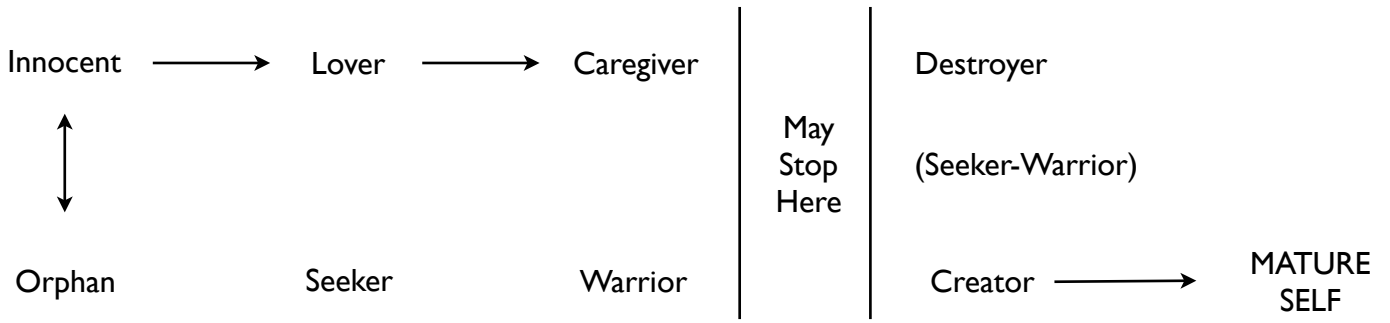


THE TWELVE ARCHETYPES

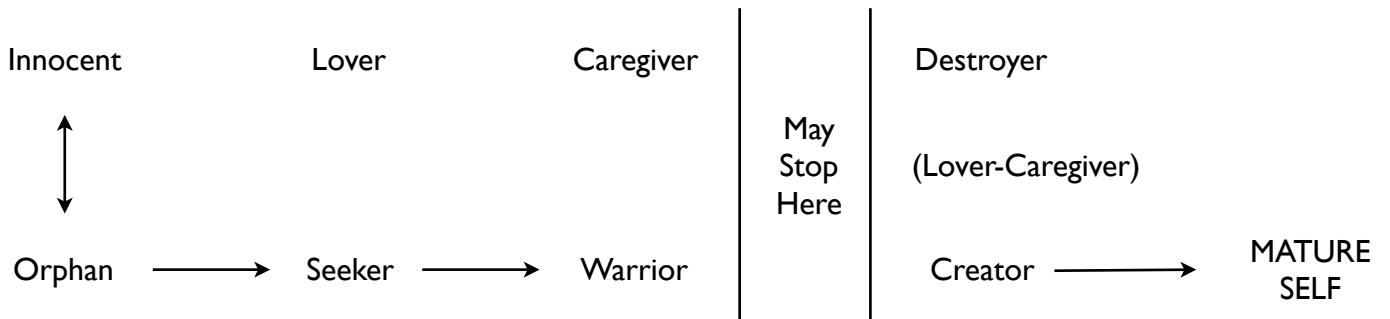
ARCHETYPE	GOAL	FEAR	GIFT / VIRTUE
Innocent	Remain in safety	Abandonment	Fidelity, discernment, trust, optimism
Orphan	Regain safety	Exploitation	Process & feel pain, interdependence, realism
Warrior	Win	Weakness	Fight for what matters, courage, discipline
Caregiver	Help others	Selfishness	Give without maiming self or others, compassion, generosity
Seeker	Search for a better life	Conformity	Be true to deeper self, autonomy, ambition
Lover	Bliss	Loss of love	Follow your bliss, passion, commitment, self-acceptance
Destroyer	Metamorphosis	Annihilation	Let go, humility
Creator	Identity	Inauthenticity	Self-creation, individuality, vocation
Ruler	Order	Chaos	Take full responsibility for own life
Magician	Transformation	Evil sorcery	Personal power
Sage	Truth	Deception	Wisdom, nonattachment
Fool	Enjoyment	Nonaliveness	Joy, freedom



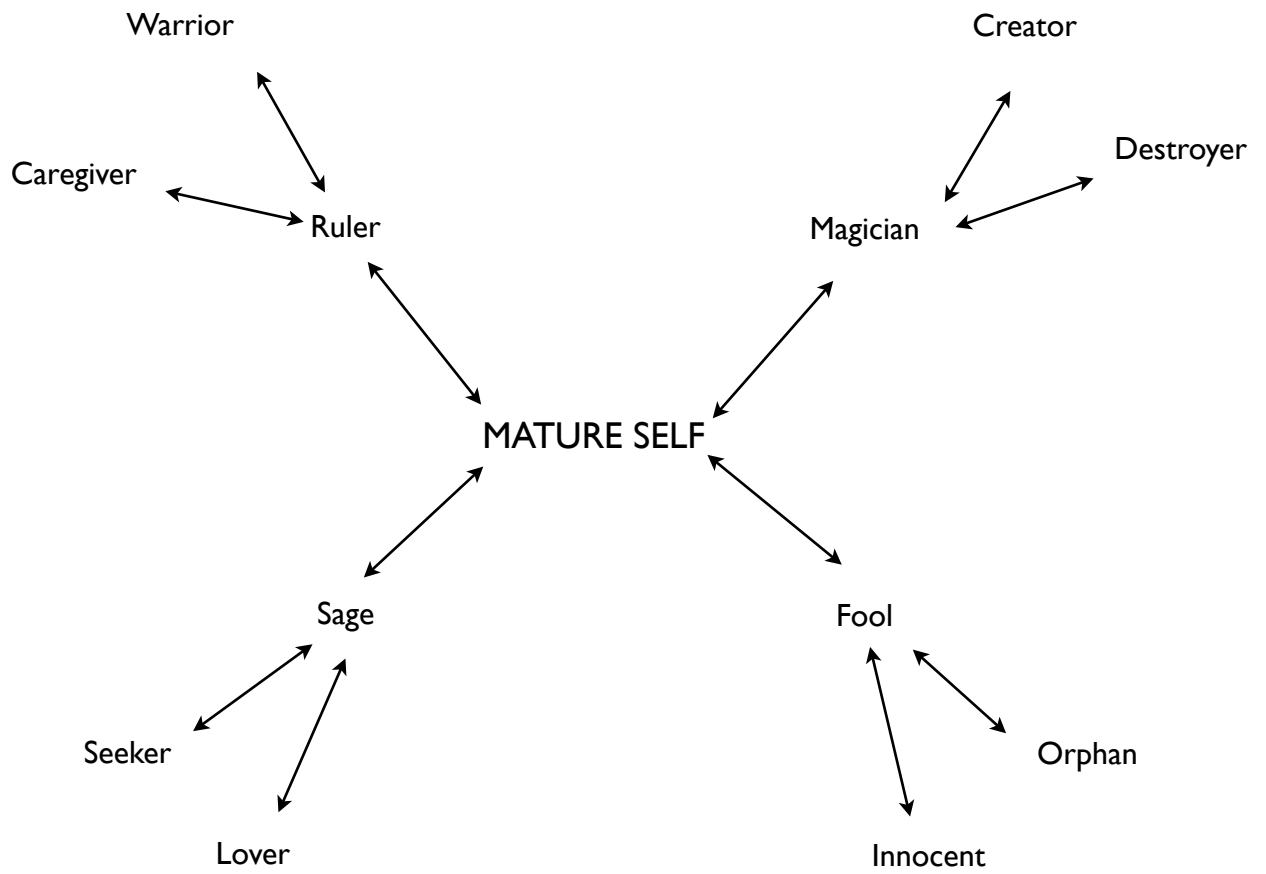
Traditional Woman's Journey



Traditional Man's Journey



7.



ARCHETYPES AND ADDICTIONS

ARCHETYPE	ADDICTIVE QUALITY	ADDICTION
Innocent	Denial	Consumerism / sugar / cheerfulness
Orphan	Cynicism	Powerlessness / worrying
Warrior	Stoicism	Achievement / success
Caregiver	Rescuing	Caretaking / codependence
Seeker	Self-Centeredness	Independence / perfection
Destroyer	Self-destructiveness	Suicide / self-destructive habits
Lover	Intimacy problems	Relationships / sex
Creator	Obsessiveness	Work / creativity
Ruler	High control needs	Control / codependence
Magician	Dishonesty (image)	Power / drugs
Sage	Judgmentalism	Being right / tranquilizers
Fool	Inebriation	Excitement / cocaine / alcohol



THE INNOCENT

Dreams the romantic dream; believes in the perfect lover and soul mate
 Profoundly hopeful and open; needs to be special good and cared for
 Trusting optimistic loyal; needs a safe secure loving peaceful environment
 Desires to be protected and to experience unconditional love and acceptance
 Believes that faithfulness will be rewarded by great love and faith opens doors to miracles
 Fears abandonment; responds to problems by denial or seeking rescue

SHADOW OF THE INNOCENT

Denial repression blaming; conformity irrational optimism risk taking
 Failing to take responsibility for own actions
 Keeps walking into the same abusive situations; getting battered and mistreated again and again
 Cannot admit own imperfection without feeling horrible about myself
 Victim; controlled by guilt and shame; denial of how I hurt myself and others
 Empty inside; obsessive habits
 Unconscious compulsion to create drama and difficulty

GROWTH CHALLENGE FOR THE INNOCENT

To grow up and take care of myself
 To give up the dream that an adult relationship will replicate the original symbiotic mother-child bond
 To see other people as separate individuals
 To grow beyond infantile rage manipulation or seduction
 To suffer disillusionment and not let go of my dreams and ideals
 To discover that it is safe to speak my truth
 I can commit to love but I have to first size up the character of the person I commit to
 To become the Wise Innocent: with trust and optimism but without denial naivete or dependence



10.

THE ORPHAN

Demonstrates the essential truth that we are all on our own
Hides inner vulnerability by being always OK
Knows that life is not always fair and it is often the wicked who prosper
Believes there are only two kinds of people: the weak who are victims and the strong
who victimize or ignore the weak
Self-reliant and independent; fears exploitation and victimization
Tries to find a partner who will not actively mistreat or imprison me
Doesn't really expect happiness

SHADOW OF THE ORPHAN

Scarcity mentality cynical unethical; life is unfair; a difficult struggle against impossible odds
Cannot ask for or accept help; perfectionistic critical of self and others
Emotionally shallow and dead inside; driven by pleasure and the need to win
Lives to create the image of success and power; inner sense of unworthiness in spite of success
Numbs pain by food alcohol gambling excitement danger
Dishonest betrays self and others
Rigid abusive angry sadistic cruel; despair alienation loneliness

GROWTH CHALLENGE FOR THE ORPHAN

Learning to acknowledge the truth of my own vulnerability
To feel my powerlessness and pain; accepting the need for help
Being willing to be rescued and aided by others
Developing realistic expectations of self and others
To accept that I can disappoint myself and others and still be loved
To be compassionate to myself and others
To be open and intimate; to share and communicate from the heart



11.

THE LOVER

Demonstrates commitment passion ecstasy
Strives for bliss oneness unity to know and be known
Vulnerability trust closeness sexual expression
Passionate connection with people things ideas work activities a cause or way of life
Inspires me to act in the service of life
Enriches and gives depth and meaning to life; brings joy pleasure creativity new life
Opens me up to Eros Agape Shakti Grace God
Fears loss of love disconnection
Responds to problem by loving more

SHADOW OF THE LOVER

Jealousy envy obsessive fixation on a love object or relationship; sexual addiction
Seduction manipulation dependency abuse damage
Don Juanism promiscuity obsession with sex or pornography or (conversely) puritanism
May bring a profound sense of powerlessness which is associated with death; may end in tragedy
Lust possessiveness violence the urge to power and dominance over those I profess to love
Being stuck in heartbreak; longing for the perfect lover or soulmate
and not seeing the love that is present

GROWTH CHALLENGE FOR THE LOVER

To find out who I am by bonding with and commitment to whom and what I love
Learning to love fully and passionately while also maintaining my sense of morality and ethics
Radical self-acceptance; achieving the inner marriage and wholeness
that can only come through complete self-acceptance
To find within myself what I yearned for in others
To go beyond “being in love” to being the presence of cosmic love embodied in two human lovers
Giving birth to the Self and connecting the personal with the transpersonal



12.

THE SEEKER

Demonstrates the quest for knowledge mastery achievement and new frontiers

Autonomy ambition desires challenge freedom happiness

Striving upward and outward; searches for a better life or a better way

Exploration study travel experimentation; excitement joy energy adventure

Search for true vocation soul-mate destiny

Yearns for an external paradise

Fears boredom conformity and entrapment

Responds to problems by leaving escaping or taking off

THE SHADOW OF THE SEEKER

Never satisfied; always wondering if there is something or someone better out there

Resenting responsibility; not committing to anything; never settling down; rolling stone

Rebellion; opposing the status quo to define my self

Feels a sense of alienation; I don't belong where I am

Self-destructive; getting high with chemicals; pursuing the adrenaline rush of danger and crisis

Obsessive or ruthless ambition; workoholism; sacrifice of own health and relationships

Flying higher than I have the skill or right to fly; pride arrogance; wanting to be better than others

GROWTH CHALLENGE FOR THE SEEKER

To find within myself what I am seeking; seeking wisdom

Finding the ultimate beauty of cosmic truth

To seek spiritual transcendence and transformation

Letting go of egotism; to seek not only for myself but also for others

To search for my true self; deciding what I value what I hold sacred and what puts spirit into my life

Acceptance of limitation and death; rebirth into life as a spiritual being

To discover that God is within me that God is love and that God is everywhere



THE CAREGIVER

Demonstrates giving compassion and generosity; helps others devoted caring nurturing

The ideal parent: sensitive unconditional; feeds and sustains new life

Attending to the needs of others; teaching and healing

Creates an atmosphere where others feel at home

Creates situations where others can grow and develop; makes a difference through love and sacrifice

Fears selfishness and ingratitude

Responds to problems by trying to prevent harm

SHADOW OF THE CAREGIVER

Caring for others at my own expense; failing to set boundaries or establish my own identity

Unconsciously expecting others or my children to take care of me

Symbiotic relationships; does not distinguish between my own and child's or partner's identity

Trying to live through others and self-neglect

Devours others while also feeling devoured by the caregiving role

Becomes emotionally abusive out of frustration

Feels trapped self-pity; suffering martyr; does not know when to stop; smothering; enabling

Expects mindless obedience to my values

GROWTH CHALLENGE FOR THE CAREGIVER

To learn that there is enough for everyone and that Mother Earth provides what we all need

To accept life in its fulness including pleasure and pain

To let go and also liberate and empower those I care for

To care for my own inner child

To care for myself so that caring for others is enriching not maiming; to give with pleasure and wisdom

“Tough love”; empowering - not doing for - others

To allow others to grow up and learn from their own mistakes

Caring for others beyond my own immediate family and friends



THE WARRIOR

Demonstrates the will to win to get my own way; wants to make a difference through struggle
Calls to courage strength integrity perseverance; sets goals and sticks to them
Seeks to change the world by skill wit or force
Fears weakness powerlessness impotence and ineptitude; committed to principles
Protects boundaries disciplined loves competition; rescues and defends self and others
Is tough enough not to be pushed around; stands for respect justice and fairness
Tackles problems head-on

SHADOW OF THE WARRIOR

Ruthlessness unprincipled and obsessive need to win; aggressive vindictive petty spiteful anything goes
Use of power for conquest or revenge; views all difference as a threat
Takes everything personally and over-reacts
Attacks the truth as seen by others and thus provokes attack and abandonment
Sees life as a contest always crusading
Needs to be a hero and better than others
Just out for number one; willing to cheat lie and do shoddy things to win
Must have power or control over others

GROWTH CHALLENGE FOR THE WARRIOR

To learn that the real enemy is within: laziness cynicism despair irresponsibility and denial
Assertiveness: neither a squeal nor a roar
To question my own whims and desires in order to discover which ones are essential
To pick my battles wisely; to move only when I am ready and have support
To know that actual combat is the choice of last resort
To achieve victory without bloodshed and without loss of face for anyone
To learn to fight without making anyone wrong; seek win/win solutions to problems



15.

THE DESTROYER

Goal: change growth metamorphosis; demonstrates my power for destruction and creation

May be precipitated by betrayal loss the death of a loved one
or discovering that everything I have built my life on has no meaning

Overcoming the fear of what others may think

Enables me to make choices break rules clean out my closets

break off relationships that no longer work; to let go of ways of thinking and behaving that no longer serve me

Fear: stagnation annihilation or hurting others: guilt

Responds to problems by destroying them or being destroyed by them

SHADOW OF THE DESTROYER

Denial of or resistance against the reality that all things change and eventually end

Childlike belief that God will keep us safe from danger suffering and loss

Morbid focus on disorder disaster and death

Powerlessness the victim position; indecisive; feeling stuck in a world I did not create

Confusion inability to take responsibility for harming anyone

Feeling crippled dismembered and maimed by misfortune

Succumbing to chronic anxiety anger bitterness despair depression madness or cynicism

Self-destructiveness suicide destruction of others

GROWTH CHALLENGE FOR THE DESTROYER

Rebirth humility and acceptance that loss is inherent in all change

Learning to feel anger pain and grief and then let go of what no longer serves me; detachment and surrender

Recognizing that the reality of life is not pretty or neat and in human control

Making peace with change suffering injustice misfortune loss and death

To allow destruction pain and grief to make way for the sacred; initiation into a higher level of being

To experience the cycles of love birth death and rebirth

with faith that some benevolent force is in charge



THE CREATOR

Creativity identity imagination vocation; the potential to create and transform my own life
Vision of the future and possibilities; maximizes my power to influence the direction of my life
Tunes in to my inner intuitive knowing; inspiration
Setting goals and making dreams come true; helps to find meaning truth and beauty in life
Seeing the beauty and significance in even the most horrible aspects of life
Fear: inauthenticity miscreation failure of imagination
Response to problems: creating a new reality

SHADOW OF THE CREATOR

Creating without consciousness; failing to grasp the creative power of my thoughts and words
Being paralyzed by fear of failure or criticism
Allowing my creations to be vandalized desecrated dishonored or mistreated
Creation of negative circumstances limited opportunities; obsessive creation workoholism
Creating without responsibility for what I am making
Escapist unrealistic unattainable daydreams; powerlessness
Feeling that I am the product of my environment and conditioning
Underdevelopment of imagination

GROWTH CHALLENGE FOR THE CREATOR

Giving birth to my true Self
Recognizing the form of my own beauty - of my body my mind or my character
Finding the courage to be honest and authentic; accepting the pain that may go with creation
Consciously envisioning the future I want; achieving balance between creating and being created
Becoming aware of my connection with the creative source of the universe and of my part in creation
Awareness that at a Soul level I choose and co-create everything that happens to me:
I am the author of my own destiny - even the most difficult and tragic parts



THE SAGE

Goal: knowledge understanding insight wisdom truth; searching for reality behind appearances
 Rational intellect research science objectivity open mindedness; scholarship curiosity wonder
 Helping advising mentoring others; finding my voice and sharing my vision
 Love of ideas; clear judgement; self-knowledge
 Coming to understand and live in keeping with the truth about my situation
 Truth illuminates life; dispenses confusion and clarifies what must be done
 Fear: deception illusion
 Response to problem: study understand or transcend it

SHADOW OF THE SAGE

Addicted to being perfect and truthful and right; being overly rational and literal
 Not seeing the bigger picture or understanding the deeper symbolic meaning of things
 Cut off; unfeeling living in an ivory tower above it all
 Critical judgmental pompous; analysis-paralysis; obsessive thinking; cold and defensive
 Intellectual arrogance; know-it-all opiniated
 Not acknowledging the relativity and subjectivity of truth
 Confusion ignorance bigotry; conspiracy theories superstition
 Blindly believing as true what authority figures dictate

GROWTH CHALLENGE FOR THE SAGE

To cultivate an attitude of dispassionate reflection and to move beyond the ego's need to be right
 To see truth beyond myself and recognize my own biases and projections
 To become the objective observer of my own thoughts and know I am not my thoughts
 To solve the underlying riddle of existence
 Letting go of ego concerns and opening up to a deeper truth about life
 Facing up to such essential truths with humility and being ennobled by wisdom
 Freedom from illusion: enlightenment



18.

THE RULER

Expresses power authority leadership competence; material prosperity order and peace
Wise and practical rules and laws are honored and enforced and taking appropriate action

Feeling at home in the world and in charge of my self

Expressing who I am in work home money and possessions

Confidence that I know how to get my needs met; understands and knows how to play power politics

Taking full responsibility for my outer and my inner reality

Goal: a harmonious and prosperous kingdom (life); Fear: chaos loss of control

Response to problem: find its constructive use

SHADOW OF THE RULER

Tantrums; punishes self and others if crossed; dogmatic unmovable control-freak ogre tyrant

Inability to trust the process of life; denying the limitations of my own power; the sick king;

Despises the feminine principle; expecting and demanding blind obedience; manipulation

Misuse and abuse of power; corruption

Keeping a stranglehold on my kingdom and my own psyche; decisions based on ego needs or whims

Being unaware of the impact of my actions on others

Lamenting a barren attacked or overrun kingdom and not acknowledging my own responsibility for it

Allowing others to determine my fate; giving away my power

GROWTH CHALLENGE FOR THE RULER

Acting on the wisdom and insight of experience; balance personal desires with the needs of others

Learning to honour the feminine principle

Enlarge my mind and heart so that as I create the life I want I also benefit others

Claiming my own power for good or for ill

Taking full responsibility for how my outer life reflects my inner reality

The power to transform inwardly and outwardly; to create a peaceful and harmonious kingdom

by becoming peaceful and harmonious inside

The successful ability to express a Soul truth by manifesting that truth in physical reality



19.

THE MAGICIAN

The power to heal; to transform reality by changing consciousness
Creates by the law of attraction; understands that thoughts create realities
Demonstrates magic fantasy dreams psychic awareness; intuition faith miracles charisma prayer
Aware of synchronicity; sees the interconnectedness of all beings; the sacredness of the earth
Influence others through my presence and attitude or by creating an atmosphere
Goal: transforming lesser into better realities
Fear: Evil sorcery; transformation in a negative direction
Response to problem: transform or heal it

SHADOW OF THE MAGICIAN

Evil sorcerer or wicked witch; Seeing synchronistic negative occurrences; calling negativity to myself
Turning the positive into negative; belittling myself and others; lessening options or possibilities;
Making myself and others ill through negative thoughts and actions
Anticipating and foreseeing disaster and tragedy; fantasizing bad things happening to myself and others
Getting lost in the supernatural the world of magic psychic phenomena or hallucinogenic drugs
Being ruled by unconscious forces
Mental illness; not distinguishing between my thoughts and projections and reality

GROWTH CHALLENGE FOR THE MAGICIAN

Becoming a positive source of energy
Using my influence and charisma to help empower and heal others
Using the power of words to help others see themselves as better
To develop the wisdom to know when and if the transformation I desire is advisable
Consciously using the knowledge that everything is connected to everything else while remaining
grounded humble and loving
Mastery of the art of changing physical realities by first changing mental emotional and spiritual ones



1.

THE FOOL

Demonstrates joy freedom liberation resilience zest; to play to be sensual and be in the moment
Humour fun laughter irony comedy jokes; seeing the lighter side of life
Inventive exuberant entertaining; enlivens and invigorates
Exploring and creating for the joy of it; living life without thought of tomorrow
Not caring what the neighbours will say; freedom to be outrageous or appear ridiculous
Goal: enjoyment pleasure aliveness; Fear: non-aliveness
Response to problem: play with it or play tricks on it
Reminds me that life is sweet even in its worst moments

SHADOW OF THE FOOL

Avoiding anything hard or serious; ridiculing self and others
Aimless disconnected; the sad clown; laughing away the issues I should be taking seriously
Foolish decisions; choices based only on the pleasure principle without regard to consequences
Playing destructive mind-games; creating uproar
Gluttony laziness drunkenness over-indulgence in pleasure
Being wholly defined by the lusts and urges of the body without any sense of dignity or self-control
Amoral crazy anarchistic irreverent irresponsible
Loving to shock others for attention; breaking rules or scandalous behaviour for its own sake
Using "humour" to hurt; playing cruel ticks; hurtful pranks

GROWTH CHALLENGE FOR THE FOOL

Becoming a wise fool; experiencing the joy of all life
Seeing that nothing is bad or wrong that is simply natural or human
To be alive spontaneous wholly myself and in the moment
Transcending the ego; to stop acting to fit in and please others
To be at one with myself and the cosmos without sophistication guile or premeditation
To move beyond judgement and dualism; becoming like a little child again
To enjoy life the moment and each other without judgement and without illusions
To get the great cosmic joke: the treasure I have sought outside of myself was never gone

