



Your Own Journey of Spiritual Transformation

The Steps

1. Call
2. Refusal
3. Answer
4. Threshold
5. Confrontation
6. Sacrifice
7. Power/Magic
8. Return

Your own story notes:

Selected Terms and Concepts: *Spiritual, Transformation, Breakdown, Breakthrough, Steps, Adventure, Hero, Guide, Stories, Something bigger than the self, Separation, Adventure, Confrontation, Combat, Superpowers, Sacrifice, Salvation*



Spiritual Transformation Selected Annotated Bibliography

The Hero with a Thousand Faces, Joseph Campbell

"Discusses the universal legend of the hero in world mythology, focusing on the motif of the hero's journey through adventure and transformation."

The Hero's Journey: A Guide for Literature and Life, Reg Harris and Susan Thompson

"...Find new meaning in literature and life. ...Interpret... literature in ways which foster insight, growth and discovery... Begin to see important connections between the themes in the literature they read and the experiences they have in their own lives. They learn the importance of accepting responsibility for the choices they make."

The Hero's Journey: A Voyage of Self-Discovery, Stephen Gilligan, Robert Dilts

"...Examines the questions: How can you live a meaningful life? What is the deepest life you are called to, and how can you respond to that call? ...How to discover your calling...and to embark on the path of learning and transformation that will reconnect you with your spirit, change negative beliefs and habits, heal emotional wounds and physical symptoms, deepen intimacy, and improve self-image and self-love."

Mindsight: The New Science of Personal Transformation, Daniel J. Siegel

"...combines Western neuroscience with Eastern meditation in an exploration of how a troubled mind can right itself. ...reinforcing the power of reflection to approach, rather than withdraw, from whatever life brings us... The mindful traits of serenity, courage and wisdom involve accepting our place in the order of things."

Awakening to Awe: Personal Stories of Profound Transformation, Kirk J. Schnieder

"...A meditation on an alternative-and growing-spiritual movement... comprised of people who resist the quick-fix model for healing...Testimonies ...show... that awakening to awe can profoundly transform lives."

<http://www.lyricalworks.com/herojourney/herojourney.htm>

Poetry and prose by Melissa Osborne, with interpretive illustration by various artists

<http://www.readwritethink.org/files/resources/interactives/herosjourney/>

Interactive website from the International Reading Association in which you are prompted to write a hero story. (From the National Council of Teachers of English)

www.listenwell.org "...a spoken word website exploring the divine through story and metaphor. Monthly recorded offerings that address individual awakening and embrace the wisdom of all faiths."