

THE HEROINE'S JOURNEY

Adapted from Maureen Murdock's, *The Heroine's Journey*.

While Joseph Campbell's Hero's Journey explores the external struggles common to the mythic superhero, Murdock's adaptation provides a framework for you to decode the purpose to which your inner struggles have been guiding you.

by Taisha Rucker

"For ease of use by women and men, the hero's journey is adapted for men, using hero and specific ego-driven masculine aspects; the heroine's journey uses heroine and specific ego-driven feminine aspects."



1 REJECTION OF THE FEMININE

The heroine begins life in the ordinary world. She feels pressured to reject the feminine (*being*). It may arise from a difficult relationship with the mother who may represent the worst of feminine qualities, is deeply flawed, or lacks nurturing qualities. This incites the heroine's desire to embrace the masculine (*doing*).

2 TESTS & TRIALS

The heroine fully embraces the masculine. Through many experiences in life, she further distances herself from the feminine. The greater the challenges, the more she digs in her heels to prove her worth, strength, and resolve. She seeks external trophies and validation. Increasingly disconnected from *being*, she stops doing anything just for the love of it. Backed into a corner, she overcompensates by *doing* more and *being* less.

3 ILLUSION OF SUCCESS

The heroine is winning. She's mastered the masculine and earned the praise of others. She's trapped in this self-created illusion. She can't be satisfied with what she's achieved. She needs more validation--more applause to justify her right to exist. At the same time, an uneasiness begins to rise within her that signals that something is missing. Her achievements may ring hollow. She has it all but feels empty.

4 THE DESCENT

The heroine experiences a dark night of the soul. The heroine's world has forever been changed. She goes into seclusion, experiencing profound emotional upheavals. She is tempted again and again to fall back on the masculine qualities that gave her a sense of worth but she cannot without great emotional cost. She begins to search for her true Self.

5 MEETING THE SELF

The heroine may experience fear, guilt, shame, grief, blame, illusion, and/or attachment as she faces her complicity in abandoning her true Self. Her twin flame pushes her to rediscover and reclaim the divine feminine and to rid herself of whatever remains of the feminine shadow qualities--over emotional, insecure, indecisive, unforgiving, dependent, manipulative.

6 RETURN TO THE KNOWN WORLD

The heroine returns to the world. She may renegotiate relationships with friends and family or discover a new soul group with which she has more in common. She lives more from the heart. She does things just for the hell of it and, often, in the absence of reward or recognition in the way she had come to expect. She moves forward with the hope of redemption.

7 REINTEGRATE THE MASCULINE

A crisis emerges that requires the heroine to use her masculine qualities. Rather than allow them to dominate her, she sees their value as complementary to the feminine. She uses the masculine to manifest positive goals without the need for reward.

8 UNION

The heroine has balanced the Divine Masculine and Feminine. She must now assist others in doing the same. The masculine and feminine duality in its most toxic forms is resolved, paving the way for her to be who she is and live her unique purpose.