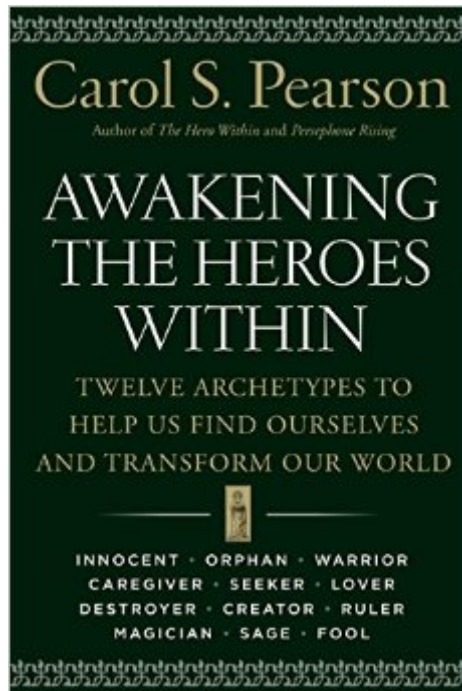


The book was found

Awakening The Heroes Within: Twelve Archetypes To Help Us Find Ourselves And Transform Our World



Synopsis

AWAKENING THE HEROES WITHIN "The heroic quest is about saying 'yes' to yourself and in so doing, becoming more fully alive and more effective in the world. The quest 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, and the opportunity to find and express your unique gifts in the world". In this bold and original work, Carol S. Pearson shows that the heroic quest isn't just for certain people under special circumstances. Exploring the many heroic paths available to each of us, at every point in our lives, her innovative program enables us to live heroically by activating and applying twelve archetypes in our lives. This companion to the best-selling 'The Hero Within' outlines twelve archetypal patterns that can aid inner development and the quest for wholeness. These archetypes are inner guides that can help us: prepare for the journey, by learning how to become successful members of society; embark upon the quest, by becoming initiated into the mysteries of the human soul; and return to transform our lives as a result of claiming our uniqueness and personal power. Writing for individuals seeking to realise their full potential and professionals engaged in empowering others, Pearson shows how journeys differ by the age, gender, and cultural background of the seeker, and how archetypes help awaken the capacities of our psyches. A unique diagnostic test, the Heroic Myth Index, and exercises are included to help us understand and awaken our inner guides.

Book Information

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Customer Reviews

This book adds to the work of Joseph Campbell by expanding the Mythic Heroes Quest, and giving you more tools to explore your true self. This book guides you in exploring the archetypes that live within each of us. It outlines the twelve different archetypes and explains both their strengths and shadow side. The importance of proper balanced mental and emotional growth is crucial in bringing out the best when awakening these archetypes. These hero types allow each of us to take our individual heroic journey in whatever life endeavor we choose. The Preparation for the journey. Proper Ego formation allows us to learn to fit into the world. The Innocent- This is the ability to have trust, optimism, and belief in things as they are. The shadow side is accomplishing this through denial. Orphan- This reminds us of our vulnerability and interdependence. The shadow side is to become a victim or cynic. Caregiver- Taking care of others with genuine compassion even when it requires sacrifice. The shadow side is when care is given for manipulative reasons. Warrior- They are courageous and disciplined, imposing high standards on themselves and others. They assert themselves appropriately to make the world a better place. The shadow side is the bully who runs rough shod over others. On the journey. Being in touch with our Soul produces wholeness and integrity. (Psyche) Seeker- Explores internal and external realities and is willing to give up security, community, and intimacy for autonomy. At worst the shadow side makes them an outsider. Destroyer- This archetype losses lead to a greater receptivity to new ideas, empathy and compassion for others, and a deeper knowledge of their own identity and strength.

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