

Hero's Journey Workbook

of



Helga Weule • Hero's Journey 2007

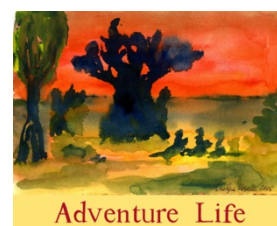
Hero's journey training **Monday, August 28 - Tuesday, September 5, 2023**
Zaježová, Centre of Education, Slovakia

The hero follows the call, the demon adds his power.

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Day 1: The Hero

Once upon a time there was a person called (your name) _____, who fell asleep and had a most peculiar dream:

I found myself walking down a stairway that led deep into the centre of the Earth. At the bottom of that stairway was a room with four doors, and on each door was written a word. Entering the rooms I found images of:

HOME

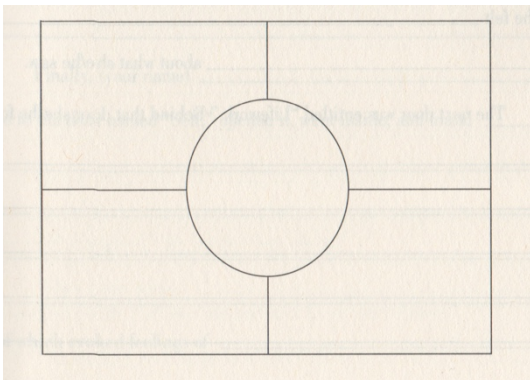
LIFEWORk

BELOVED

SELF

Returning to the central room, I realized, that I had just seen a picture of my life. I wondered, how I felt about this all and how, given a chance, I would want to change it.

Just then I realized in the centre of the room a place of nature attracting me. There I visualized an image of the unknown waiting for me; I heard and saw the CALL OF THE UNKNOWN.



As I left the place of nature and started to ascend the stairway again, I realized:
My journey has begun.

On my journey, I found a card with my spiritual guide.
My SPIRITUAL GUIDE (*Fool's dance posture*) is

And here, from ZERO position, began the **Fool's dance**, finding movements resulting in postures:
I (ME), HOME, LIFEWORK, BELOVED, SELF, CALL OF THE UNKNOWN, SPIRITUAL GUIDE.
(All words in CAPITAL LETTERS still to follow are *Fool's dance postures*).

Encountering images of my hero gave me the chance to learn about

My own heroic qualities.

The hero of my childhood has these qualities:

My favourite animal has these qualities:

My mentor / person of confidence has these qualities:

Gods and goddesses of mine have these qualities:

Among these heroic qualities were some I was not sure of, realizing some kind of inner resistance.

These were

And the central one of them was

This quality I brought into the circle for the ritual of reinforcement, working on the inner resistance against it in order to become open for this quality.

After that I felt

On the journey to the house of the hero

I found a path winding through the meadow. On the path was a signpost that said:

To the house of the hero!

The path was

The house was

The description of heroic self

For a long moment, we looked into each other's eyes, and then together we walked through the house. The inside of the house was

Finally, we came to the hero's favourite room. It was

The two of us sat down together to have a chat.

"What is your secret name?" I asked. The hero replied:

"What is your quest?" I asked.

The hero replied ...

"What do you want from me?" I asked. The hero looked deeply into my eyes and said,

We talked a little longer about

I felt

Soon it was time to leave, so we walked together to the door.

It was there that I became the **HERO** (hero's name)_____. (*Fool's dance posture*)

A few moments later, a rider on a white horse came along. The rider brought a message that said, "You are cordially invited to the first annual conference of heroes to be held tonight with a banquet, Wednesday, the 30th of August in Zaježová."

So the hero (hero's name)_____, in order to establish herself / himself at the banquet, designed this **coat of arms** with his/her name.



The essential symbols on it were

She / he appeared at the conference dressed in

The conference of heroes showed (hero's name) _____, that she / he was not alone on her / his quest for the unknown.

Invited to introduce her / himself on the conference, she / he proclaimed,

“I am (hero's name)_____”

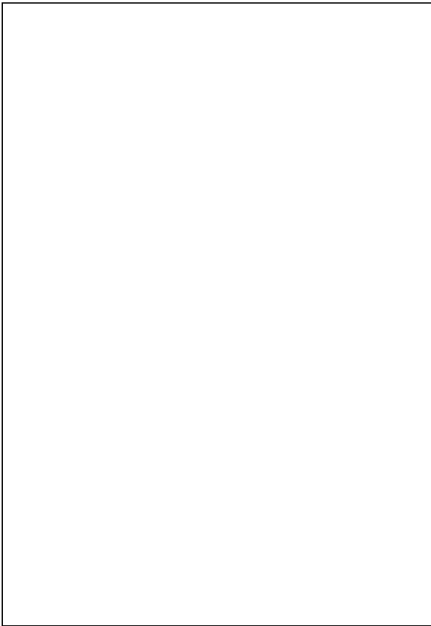
“My powers are

“My quest is ...

After that she / he asked for this support:

Day 2: The demon of resistance

Body Armour



Standing up she / he showed herself / himself as BATTLEFIELD (*Fool's dance posture*).

A strange and frightening figure began to present itself out of her / his body armour. Inside of it I found two sides struggling with each other, the controller and the spontaneous child. The controller (Stop!) controls the spontaneous child. The spontaneous child wants to express itself to others.

<i>Controller</i> Activities	<i>Spontaneous child</i> Reactions on control
Script	Spontaneous actions/impulses

Out of the battlefield jumped the **DEMON** (*Fool's dance posture*).

Her / his / its name was_____

The demon was (describe):

(Demon's name) _____deals with heroes by

(Demon's name) _____ defends her / himself by

She / he hides in

She / he was born by

(Demon's name) _____ is protecting

Day 3

The instrument of power

This is how the hero (hero's name)_____ acquired the Instrument of power:

She / he (hero's name)_____ came back to the scene where she / he has found her / his Instrument of Power. There she/he met her/his Spiritual guide. She/he asked him: "What is the name of my instrument of power?"

answered the guide.

"What are its powers?"

"How can I use it in my daily life?"

In the ritual of consecration (energizing) of the instrument of power (instrument's name)_____ especially this

came to (hero's name) _____ attention.

INSTRUMENT OF POWER (*Fool's dance posture*)

Day 3-4

The Confrontation

The hero (hero's name)_____ began to follow the pathway of deep adventure.

Finally she / he came to the top of a hill. The country stretched out beneath her / him and there, just ahead, was the magical threshold, she / he would have to cross to enter the land of the unknown. It looked

And there, in front of the threshold, with her / his instrument of power in her / his hand, she / he called out loudly the name of the Demon.

Suddenly

The confrontation started like this ...

CONFRONTATION 1 (*Fool's dance posture*)

A certain turning point was reached, when ...

CONFRONTATION 2 (*Fool's dance posture*)

At the end of the confrontation between (hero's name)_____ and (demon's name)_____ both sides reached an agreement, which was in the interest of both. The AGREEMENT, stated as "I.....", is as follows:

AGREEMENT (*Fool's dance posture*)

DAY 4

Land of the Unknown; the supreme ordeal

The hero (hero's name)_____ came back to the threshold. Now it was time to pass it and to enter the land of the Unknown, the magic land of miracles.

She / he felt

as she / he realized, that this was the first time anyone had stepped across this threshold; that each breath was new; that each form and shape that greeted her / him, was “the first time”; and that each new taste, smell, touch was totally and miraculously her / his own.

And with the magical power of (instrument's name)_____ , protected by the spiritual guide (guide's name)_____

and confident of her / his newly recovered powers, the hero (hero's name)_____

proceeded into the depths of her/his mysterium and encountered these trials:

The supreme ordeal

Finally the hero (hero's name)_____ came upon the Supreme Ordeal. This is the way it happened.

The image of her / his biggest fear:

While breathing there came these sensations and images:

Day 5

The gift (reward)

Finally, the great goal was near at hand. The hero (hero's name) _____
approached the place of the gift.

She/he saw

She / he stood in front of her / his gift and felt

She / he asked these questions:

“What is the meaning of my reward?”

“What is its special power?”

“How can it serve me in my life?”

And this is, what happened:

THE GIFT (REWARD) (*Fool's dance posture*)

The return

Once again the hero (hero's name)_____ found herself / himself climbing down the long stairway into the room with four doors, only now she/he was rich in the knowledge and experience of her / his journey into the unknown. With her/his gift inside of her / him, she / he now enters each of the four rooms again.

HOME (NEW) (*Fool's dance posture*):

What has changed inside?

LIFE WORK (NEW) (*Fool's dance posture*):

What has changed inside?

BELOVED (NEW) (*Fool's dance posture*):

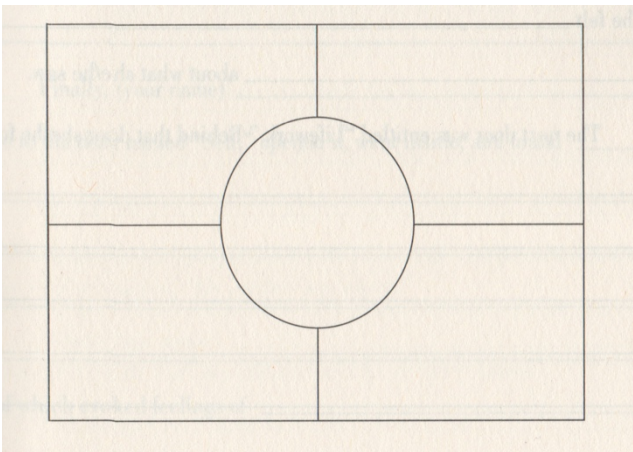
What has changed inside?

SELF (NEW) (*Fool's dance posture*):

What has changed inside?

Now the hero (hero's name) left the room with the four doors and went up the stairway.
At that moment the hero (hero's name)_____ awoke once again to find, not hero, not demon, not magician, not god, but simply the person she / he had always been (my name)_____ ... yet somehow different because of the agreement inside him / her and the gift from the miraculous journey she / he had just finished.

I (NEW) (*Fool's dance posture*)



© Hero's journey workbook based on Paul Rebillot's workbook 1976 and on the design of Hero's Journey as developed by Helga Weule and Manfred Weule, updated by results of Adventure Life's facilitator training in August 2019, adapted by Tomáš Kubiš and Patrik Krebs in September 2023.