

THE HERO'S JOURNAL



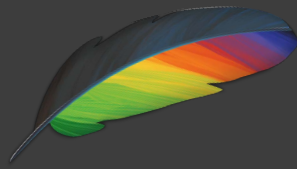
YOUR PERSONAL
DREAMS & MYTHOS
WORKBOOK

THE HERO'S JOURNEY



"Myths are public dreams; dreams are private myths."

Joseph Campbell



TITLE



SYNOPSIS

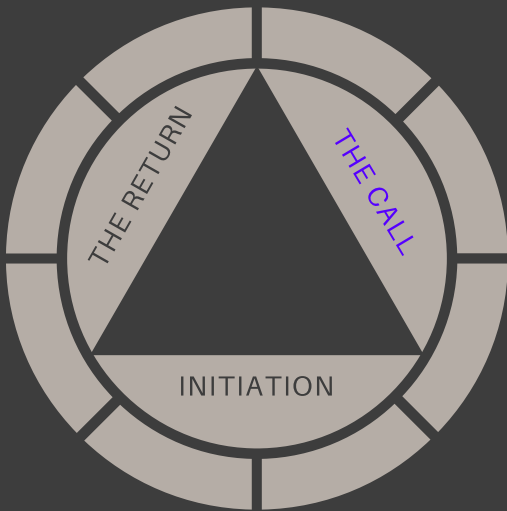
ONE SENTENCE SUMMARY



STORY

ALL THE DREAMY DETAILS

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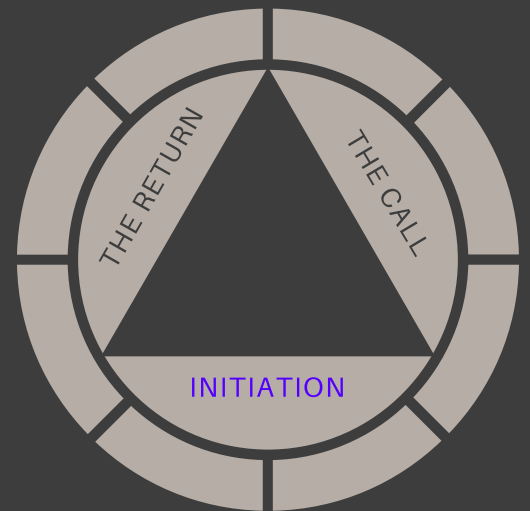


THE CALL

The call to adventure in a dream is where we see a need for something within us or in our world to change. This is often the **challenge** or overall theme of the dream.

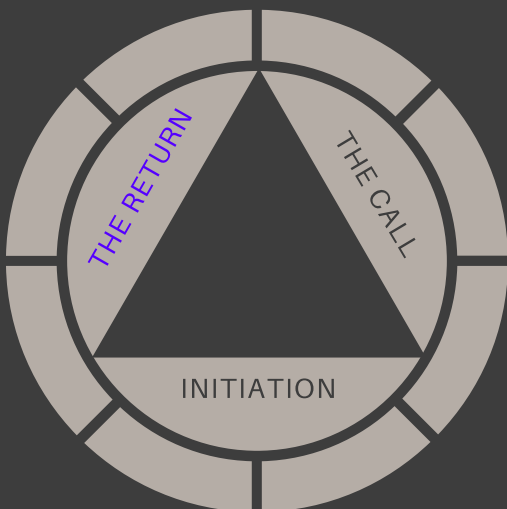
INITIATION

We meet the challenge face to face. We find allies and adversaries and undergo tests. We are somehow **transformed** in the process.

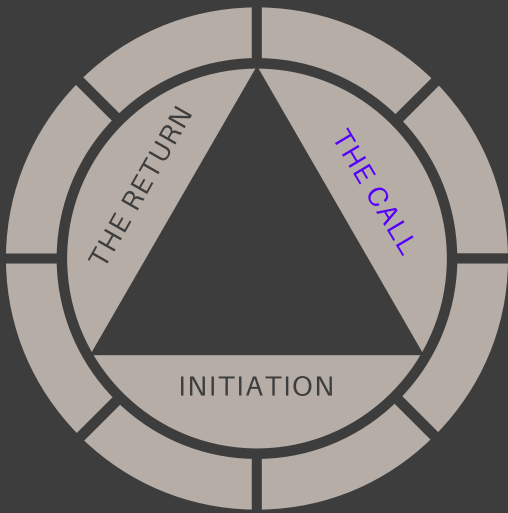


THE RETURN

This stage in the dream is where we return to our dream (or waking) world and integrate the **medicine** of our transformation.

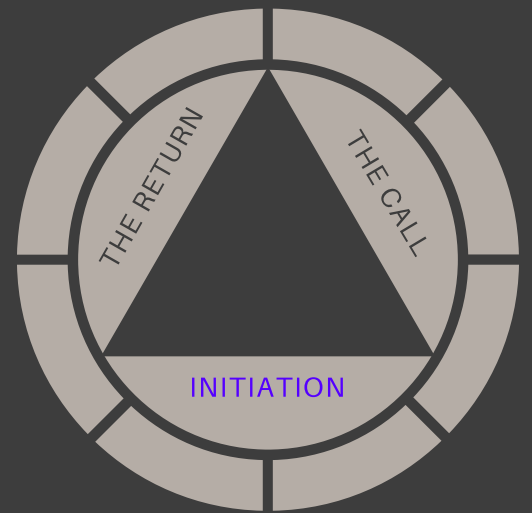


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THE CALL

INITIATION



THE RETURN

