

## ADA 10: The Hero's Journey or Monomyth

The **monomyth** or “hero’s journey” was termed by Joseph Campbell in his book *The Hero With A Thousand Faces* and is comprised of the following 17 stages.

### Departure

#### 1. **The Call to Adventure**

The hero exists in an ordinary world but is called by an outside force to enter into an unknown world.

#### 2. **Refusal of the Call**

The hero initially refuses to heed the call for a variety of reasons: doubt, obligation, etc.

#### 3. **Supernatural Aid**

Once the hero relents and heeds the call, a magical power, guide or force presents itself, often giving the hero artifacts that will later help him in his search.

#### 4. **The Crossing of the First Threshold**

The hero enters into the unknown world.

#### 5. **Belly of The Whale**

The hero separates himself from the world he knows and enters the unknown world, signifying a metamorphosis.

### Initiation

#### 6. **The Road of Trials**

A series of tests or tasks the hero must complete, often coming in threes. The hero often fails at the first tasks.

#### 7. **The Meeting With the Goddess**

The hero experiences an all-powerful love, often represented by meeting the person he is meant to be with or a “soul mate.”

#### 8. **Woman as Temptress**

The hero is tempted to stray away from the quest, sometimes by a woman or other tempting force.

**9. Atonement with the Father**

The hero confronts and is initiated by a major source of power, often in the form of a male entity.

**10. Apotheosis**

The hero experiences a state of bliss, rest and contentment.

**11. The Ultimate Boon**

The hero achieves the goal of the quest.

**Return**

**12. Refusal of the Return**

Having found happiness, the hero initially does not want to return to the known world.

**13. The Magic Flight**

The hero must escape with the "boon" so as not to lose it to another. This stage is often adventurous and full of danger.

**14. Rescue from Without**

The hero needs guides to help him return, often because he is in a weakened state.

**15. The Crossing of the Return Threshold**

The key to the return is to keep the wisdom that has been gained, and to incorporate it into the known world and possibly share it with others.

**16. Master of Two Worlds**

The hero achieves balance between the spiritual and the material, the two worlds.

**17. Freedom to Live**

The hero achieves a sense of true happiness, and learns to live in the moment.