



the journey of life

INTRODUCTION to the Archetypal Landscape

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Leaning back in a forced repose I let out a sigh, "Why am I this way? Why do I identify so strongly with that? Sometimes I don't understand myself." These are the moments, mostly rejected out of expediency, that invite deeper questions which I am convinced I don't have time to ponder. I remained impartial to the process of my inner journey for decades, imagining I really did know myself, yet I would discover one day that there is a vast ocean of untapped unconsciousness that lies beneath my conscious self.

Perhaps like me, you see yourself as a seafarer-of-heart who gave up the adventure, bartering it for safety and security or a sense of duty to others. Undoubtedly, your reasons were rational and well-accepted by your conscious self, but you did not consciously know the extent of the cost; the barnacles that would bridle your heart; leading to a walking-dead-state of mind. "The world is full of people who have stopped listening to themselves," observed Joseph Campbell. Within this disconnection of self is a prescription for despondency and depression holding potential to all types of physical ailments and manifestation of anxiety. In the coming issues of INsightOUT we will showcase a gallimaufry of surreal imagery from Tomek Setowski's artistry, Carol Pearson's scholarly analysis of archetypes, and Joseph Campbell's touchstone insight into comparative religion and its universal commonality among, "every nation, tribe, people, and language."

It is my hope that these metaphors with their communicative imagery will buoy you. The objective is an awakening to the adventure, compelling you to make the journey inward; becoming open to yourself in an honoring, respectful and creative way to find the hidden treasure that has always been inside you.

This process invites and teaches us to respect the mystery of the soul-journey with its various latitudinal and longitudinal degrees drawn from the infinite elevations of breadth, depth, and height of our life's odyssey. In the *Hero and Heroine's Journey* we find a collective imprint, mapping the human adventure. We have the opportunity to reconnect to ourselves by charting the undiscovered territory within, that we may have abandoned, ignored or disowned.

Not everyone thinks of themselves as a hero or heroine, this is not uncommon, but consider how we connect with the stories of *The Heroes of Old*. Whether through literature, mythology, or imagery, we are drawn to the heart of the hero. There is a reason for that...the hero's heart in you connects with a character or event because it is an element of who you are; a projected part of your own inner self.

"The achievement of the hero is one that he is ready for and is really a manifestation of his character. And it is amusing the way in which the landscape and the conditions of the environment match the readiness of the hero. The adventure that he is ready for is the one that he gets."¹ In other words, Campbell ascertained that our life awakens our character and our character manifests in a life-long discovery of the mystery of Self. We do not just go on the journey, "We are the journey."²

Let's start at the beginning, for there is a hierarchy we will follow in developing this concept. The defining questions we will answer in the course of this series is:
"What are the stages of development in our Journey?"
"What is the Heroes/Heroines Journey and what part does it play in our stages of development?"
"What is an archetype and how do they fit into our stages and journey?"

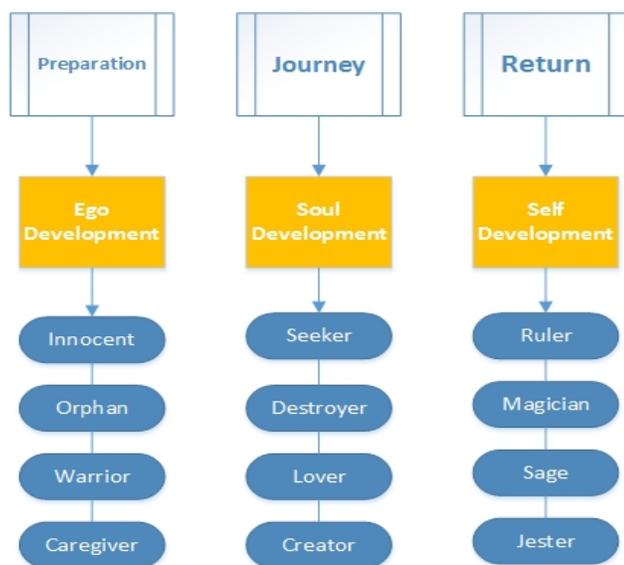
As illustrated in the hierarchy below, The Heroes or Heroines journey and their archetypal definitions fall into a broader hierarchy. Let's begin with Ego, Soul, and Self.

It is important to redefine how we "see" the words Ego, Soul, and Self. These words have been shaped in our culture to mean something very misleading. Excess is often the culprit for such molding of meaning. We invite you to take a forgiving view of Ego, Soul, and Self in order to reacquaint your understanding of them.

The Ego is our interface with the world, our Soul is the repository of pure potentiality, and our Self signifies our genuine identity; our wholeness. All are important and none should be denied. Yes, you heard me correctly, we need our Ego strength to make this journey, our Soul to understand it, and our Self to birth the wholeness we seek. "Ego" is not arrogance, "Soul" is not something "touchy-feely," and our "Self" is not transliterated to "Self-ish" or "Self-absorbed."

The birth of Self comes from the union of Ego and Soul. Ego must be re-educated and soul must be enlarged for the Self to emerge in its truest form. Without a mentored Ego and a broadened Soul, Self is weak.

To "Follow our Bliss" and still be a responsible citizen, father, mother, husband, wife, employee, employer, etc. is the goal of birthing Self. Carol Pearson suggests the secret is, "to take the journey and find yourself." She makes reference to the three stages of human psychological development, our next parallel phase of the hierarchy: "preparation," "journey, and "return."



It seems inevitable that the journey happens in stages and these stages usually occur in a certain order and yet sometimes simultaneously impacted. For example,

if we depart on the journey having not properly prepared ourselves, we will experience all sorts of troubles along the way and it will delay our ability to complete the quest. As a developmental process, first, we develop the **Ego**, then encounter the **Soul**, and finally awaken to our unique sense of **Self**.³

1. **PREPARATION/SEPERATION:** *The quest of the Ego teaches us how to be **safe and successful in the world.***
2. **JOURNEY/INITIATION:** *The quest of the Soul helps us to **become real and authentic as we encounter the deepest mysteries of life.***
3. **RETURN/REBIRTH:** *The quest of the Self shows us the way to **find and express our authenticity, power, and freedom.***

Bear in mind the symbiotic relationship these stages of development share: *The Ego develops at the expense of the Soul and Self while the Soul and Self develop at the expense of the Ego.*

At the most granular level, there are twelve main archetypes included in the three stages of the heroes journey.⁴ an archetype is a psychological structure reflected in symbols, images, and themes common to all cultures and all times. They are universal themes embodied in characters, known by virtually all people and all cultures. The archetypes are images which give voice to our various emotional states and mind chatter; the sub-personalities (conscious and unconscious) within us.

Archetypes		
Preparation	Journey	Return
Innocent	Seeker	Ruler
Orphan	Destroyer	Magician
Warrior	Lover	Sage
Caregiver	Creator	Jester

It is my hope that combining Carol Pearson's analysis of the twelve archetypes with the imagery of Tomek Setowski's art, you will discover a new language of metaphor to guide you in the exploration of your journey.

If you would like to find out which archetypes are alive in your life, you can find the Pearson Marr Archetypal Index at: <https://www.capt.org/catalog/MBTI-Book-PMAIonline.htm>

In our next edition of *INSightOUT*, we will explore in greater detail the archetypes and the stages of the Hero's Journey.

¹ Interview PBS Bill Moyers and Joseph Campbell: The Power of Myth Disc 1
² James Hollis, What Matters Most - Living a More Considered Life
³ Pearson, C. (1991). *Awakening the heroes within: Twelve archetypes to help us find ourselves and transform our world.* San Francisco: HarperSanFrancisco
⁴ Joseph Campbell uses a Metaphorical Monomyth Three Stages of the Heroes Journey: Preparation, Journey, Return