

THE HEROINE'S JOURNEY



1 THE CALLING SEPARATION FROM THE FEMININE

Birth - the first separation. Whether empowering or difficult, feelings of being stuck, fighting, disappearing or not getting help are imprinted in the body's intelligence. In her life, the Heroine steps out and truly begins. She must separate from her mother. She feels pressure to reject the feminine. As she rejects her mother, she rejects herself, her body, and her female qualities.



2 RESISTANCE IDENTIFICATION WITH THE MASCULINE

In following the call, the Heroine walks into her fears. She resists what she must do, rationalises against it, and contemplates turning back. She over-develops her masculine and what she believes to be 'strong'. She becomes a high achiever, seeking power and external validation, or she may become a 'good girl' in search of perfection, or a rebel. She learns the rules from her father.



3 THE PUSH FORWARD ILLUSION OF SUCCESS

The Heroine accepts she can't go backwards and commits to her intuition to walk onwards. She must discern her allies from the tyrants and distractions. In this, she achieves success in a masculine way, yet remains unsatisfied. Something is missing. She still needs validation of her worth. She feels empty, her achievements are hollow.



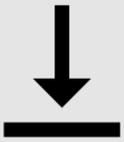
4 THE CHALLENGE THE UNKNOWN

A change has taken place. The Heroine is not who she once was, and not yet who she will be. She is full of self-doubt, negative self-talk, and feels deeply uncomfortable, unsettled and lost. She may feel abandoned or betrayed by life. She is not sure what to trust anymore.



5 DEATH FEELINGS OF SPIRITUAL EMPTINESS

She gives up control, surrenders herself and all her weapons. The Heroine experiences loss of meaning and the dark night of the soul. It feels like a collapse where she is moved into the wound itself to feel and see it directly. She may experience profound emotional upheavals and become internal. She reaches for her true self.



6 THE ABYSS INITIATION

The Heroine has finally surrendered, and fallen to the bottom of her pain where the release occurs. She is now still. Deep in relief, acceptance, and expansion. She is free.

7 REVELATION YEARNING TO RECONNECT THE FEMININE

Following the Abyss, the light enters. She understands her path, where she belongs, and why she's here. She feels the hand of spirit. She rediscovers and reclaims her divine feminine. She resolves the feminine shadow qualities, and embraces female support.



8 NEW LIFE HEALING THE MOTHER-DAUGHTER SPLIT

The Heroine returns to her everyday life. She renegotiates relationships with friends and family and creates valuable connections. She no longer needs reward or recognition in the same way. She's found her inner strength and resolve and sees the world differently. She heals with her mother: they have become two distinct women, standing in their lineage.



9 THE TEST HEALING THE WOUNDED MASCULINE

A challenge emerges that requires the Heroine to use her masculine qualities. Instead of her old pattern she embraces the inner masculine as complementary to the grounded feminine. She knows who she is and is not swayed by the outer world, yet responds to it deeply.



10 THE GIVE AWAY EMBODY AND SERVE

The Heroine has earned and received gifts from her experiences. She has clarified who she is, her purpose, passions, and service. She must realize her gifts and share them freely, without judging their value, without judging herself.



11 CLAIM YOURSELF INTEGRATING THE UNIVERSAL MOTHER

She is deeply connected to her unique purpose and life path. She carries herself with a radiance, guided by wisdom, knowing this comes from beyond her. She is illuminated from within.

