



# Living Your Personal Myth

## Finding And Following Your Bliss



### *~ Personal Reflections on Living Your Myth ~*

*Each of us has an individual myth that is driving us, which we may or may not know.*

*Mythological images or stories are that by which consciousness is put in touch with the unconscious – the soul. That's what they do. When you don't have your own mythological images, or when your consciousness rejects them for some reason or another, you are out of touch with your own deepest part of yourself. Mythic images come from the psyche, and speak to the psyche – not from historical events.*

*You might ask yourself this question: if I were confronted with a situation of total disaster, if everything I loved and thought I lived for were devastated, what would I live for?*

*What is the great thing for which you would give your life? What makes you do what you do? What is the call of your life to you? Do you know it?*

*We have to find that thing which, in truth, works for us as individuals. Now, how does one do this?*

*Survival, security, personal relationships, prestige, self-development – these are exactly the values that a mythically inspired person doesn't live for.*

*A person who is truly gripped by a calling, by a dedication, by a belief, by a zeal, will sacrifice his personal security, his personal relationships, prestige, and will think nothing of personal development – he will give himself entirely to his myth.*

*The awakening of awe is key here, being seized by something so that you are pulled out of where you've been.*

*- From Chapter 5 in **Pathways to Bliss** by Joseph Campbell*

### **Questions For Your Personal Reflection:**

- 1) What are those things in your life that you give your whole self to?**
- 2) In what personal activities, pursuits or interests are you most seized by?**
- 3) What happens to you when you give deep attention to Questions 1 & 2?**