



## HERO'S JOURNEY® IMMERSION PREPARATION

### Eight Questions

#### **What Calls Me To This Particular Journey At This Exact Time In My Life?**

What events of significance are presently taking place in your life? What kinds of transitions are you facing right now? What are you hearing within, that tells you that you need to take this type of Journey? What feels right about doing this now?

#### **What Is It Within Me That I Am Looking For?**

What are you seeking to discover about yourself or within yourself? Is there a particular issue or challenge that you need to face? Does something specific in you need to heal, change or develop? If so, what is it? What place within you do you want to know better, or need to connect with more fully? Is there a particular kind of passage that you feel you need? How would you name this path you are now stepping on?

#### **What Is It Within Me That I Am Avoiding or Rejecting?**

What are you running from inside yourself? What aspect of your way of living is the hardest to sit with and look at? What makes this aspect of yourself so hard to bear? What judgment do you hold against yourself? How can you begin looking at this matter differently? How can you open yourself to new ways to think about it as well? Can you bring this with you to your Journey Immersion?

#### **What Is It Within Me That I Want – More Than Anything Else – For My Life?**

What is it that you really want? How does it feel to be asked this question? We suspect that you do not have an immediate and clear answer to this question. Reflect quietly on the question itself. How does it affect you? What comes to the surface of your mind? How does it feel to speak it, write it – claim it as a truth?

### **What Is the Greatest Obstacle Or Threat That I Am Currently Facing In My Life?**

What is the biggest thing within that holds you back from living the life that matters to you? What is the specific obstacle or fear that keeps you from getting into what you most desire or need to live? What feels like an insurmountable challenge that you are currently facing in your life?

### **What Is My Greatest Inner Strength?**

Can you pinpoint and name one higher aspect of your own nature? Can you speak to a particular asset or character trait within yourself that you know to be valuable? What within you can you draw from and rely on most, when life becomes difficult? Can you give a specific example of how you are presently making use of this strength or trait in your life? Are you willing to use this strength to be of service to yourself and your fellow companions on your mountain journey?

### **How Do I Need To Be Supported On My Hero's Journey Intensive?**

*Support allows us to be more accepting of where we presently are, it serves as a stabilizing and securing function, so that we can become better able to go forward from where we are.*

Tell us honestly how you feel about your capacity to receive support from others. What are your needs or vulnerabilities about being helped? In what ways are you open to being supported, and in what ways do you have difficulty being supported? Name one specific way that would you like us to support you during your upcoming journey.

### **How Do I Need To Be Challenged On My Hero's Journey Intensive?**

*Challenge allows us to go beyond where we are, it points us towards where we are not yet. It opens us to new possibilities, new ways of thinking, being, and acting, that we have not yet been able to step towards.*

Now tell us honestly how you feel about being encouraged and challenged to go where you haven't gone before. How do you relate to the notion of a *risk-worth-taking*? In what ways are you open to the idea of life-giving challenges as opportunity, and in what ways do you have difficulty allowing or facing personal challenges? Name one specific way would you like us to challenge you during your upcoming journey.