

17 Stages of the Monomyth or Hero's Journey

I. The Separation (*breaking away from the old life*)

1. the call to adventure (*The hero is invited to leave a mundane life and seek adventure.*)
2. refusal of the call (*The hero has second thoughts; adventure looks too risky.*)
3. supernatural aid or meeting with the mentor (*The hero receives a gift, training, or advice to help on the journey.*)
4. the crossing of the first threshold (*The hero leaves the old world behind and enters the new.*)
5. belly of the whale (*Like Jonah and Pinocchio, the hero experiences the "dark night of the soul" and must face his faults and the truth.*)

II. Initiation (*The hero learns how to live in the new world.*)

6. the road of trials - tests, allies, enemies (*Life in the world of adventure can be difficult.*)
7. meeting with the goddess (*A wise or magical woman gives guidance or advice to the hero; or, the hero finds love.*)
8. temptation (*Someone or something tries to distract the hero from his goal.*)
9. atonement with the father (*The hero resolves his/her issues with a parent figure.*)
10. apotheosis (*The hero recognizes his/her true identity - that spark of divinity within.*)
11. the ultimate boon (*The hero succeeds in his/her mission.*)

III. The Return

12. refusal of return (*The hero wonders if it's possible to return to the old life.*)
13. magic flight (*Upon deciding to return home, the hero must "flee" from yet another danger.*)
14. rescue from without (*The hero escapes with a little outside help.*)
15. crossing the return threshold (*Finally, the hero returns.*)
16. mastery of two worlds (*The hero realizes that s/he can be at home in two worlds; s/he is wiser and more confident.*)
17. freedom to live (*Having faced evil - both from within and without - the hero is free from powerlessness and fear.*)