Innocent in the “Garden” ▶ Fall from Innocence

**Orphan: The hero experiences, and learns from, adversity.**
Plot: How I suffered, or how I survived.
Task: Survive difficulty
Gift: Resilience
Shadow/Pseudo: Blames others; victim with entitlement
* Gloria Gaynor – “I will survive”

**Wanderer: The hero rides out to face the unknown.**
Plot: How I escaped, or how I found my way.
Task: Find yourself.
Gift: Independence
Shadow/Pseudo: Narcissistic self-involvement.
* Think of a time in your childhood when you rebelled or stood up for something you believed, or when you first left home.
*"Indeed, the Wanderer ultimately teaches us to be ourselves—true to ourselves in every moment. This takes enormous discipline and requires that we stay in touch with our body, heart, mind, and soul all the time in every interaction. As long as we do this, big explosions need not occur.” page 81
* In Shakespeare’s Hamlet, Polonius’ speech to Laertes: “And this above all else: to thine own self be true.”
* Other quotes:
pg. 84 “Taking the risk…”
pg. 92 “Thus, the movement into isolation and loneliness ultimately leads back to community…” (the good news)
Remember Campbell: “and where we had thought to be alone, we shall be with all the world.”

**Warrior: The hero slays the dragon**
Plot: How I defeated my enemies, or how I achieved my goals.
Gift: Courage
Shadow/Pseudo: Victimizer/workaholic
* Think of the applause for a mild-mannered hero or victim in a movie who finally sticks up for himself in the face of opposition. Emergence of the warrior archetype.
* Pg. 111: “The stronger and more confident Warriors become, the less they must use violence..It is, therefore, a high-level achievement in the Warrior process for a seemingly antiethical truth to be greeted not as an enemy, but as a potential friend: ‘Here’s my truth. I will explain it to you as fully as I can, and you can explain yours to me.’ The task of the hero, then, is to bridge, not to slay or convert.”
* MLK and Ghandi vs. Conan the Barbarian
Altruist: The hero commits to something greater than his or her self
Plot: How I sacrificed or how I gave to others.
Task: Show generosity/love
Gift: Compassion
Shadow/Pseudo: Martyr complex/guilt trips
*The Golden Rule: Love your neighbor as yourself
*Abundance/synchronicity/giving & receiving
*Studies of people who commit acts of kindness and those who witness them
*"All you need is love" -Beatles
*Ego creates illusion of separateness

Innocent Returned: The hero finds the treasure
Plot: How I found happiness or the promised land.
Task: Achieve happiness
Gift: Faith, joy, love, trust
Shadow/Pseudo: Perfectionism
*Transformation of consciousness
*Examples on 154
*"We also all know moments when we experience what it means to go with the flow: the ideas we need come to us just in time; we ‘accidentally’ meet the right people; doors open, seemingly by magic." pg. 161
*"When we take our journeys we begin to know who we are, what we value, and how we feel. Then, as we express our truth in the world, we attract to us others, like ourselves, who want to live in the same kind of happier way.” pg. 162
*"When, as an Innocent, we do not like what is happening to us, the first thing we will do is go inward to see what inner change might produce an outer change; our assumption is that paradise is possible and close at hand...We can change the world by changing ourselves.” pg. 172

Magician: The hero returns to a transformed kingdom
Plot: How I changed my world
Task: Transform your life
Gift: Power, ability to see truth, honest self-reflection
Shadow/Pseudo: Use of power for destructive ends
*"The Magician shares a basic worldview with the Innocent, but claims a greater amount of power. Innocents go with the flow and trust God, the universe, and/or the process of history. Magicians take responsibility in a more active and immediate way for the state of their lives or of the planet. This means they often add a revolutionary consciousness to the hero’s journey. They say: ‘When things are not right, I will stand and be counted.’” pg. 186
*"Be the change you want to see in the world.” -Ghandi
The Hero Within

Six Archetypes We Live By

Carol S. Pearson, Ph.D.

“An excellent and useful book about the course our psychological development can take.” —Jean Shinoda Bolen, M.D.