

The Mythic Journey Process

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Outline of Steps:

- Begin with the River of Life and “Focus” on the Bodily Felt Sense of a life issue in response to saying “I have no Issues.”
- Allow an issue to arise, handle word/image, resonate it w/ body sense, (body sense in parenthesis), What’s the worst thing about this issue?

Section I: The Mythic Dimension: Who in ancient times had the same issue? Describe the problem in Mythic terms. What created the problem for this character? Body sense in (...).

Facing the “*Demon*.” What *demon* created the problem? Personification, with a Capital Letter.

Section II: How has it seemed impossible to defeat the demon? Methods the character has tried. What is the specific nature of the impass? (...)

Section III: Then one day...Let your imagination/felt sense relate what from all world history could break the impass?

What Taiji/Qigong posture could create a new life stance? (...)

* Outline of the *Mythic Journey Process*, developed and refined over three decades.(Mayer, 1982, 1994, 2007, 2009, 2012)