



The Heroine's Journey Workbook

Maureen Murdock

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The Heroine's Journey is a woman's mythic quest to heal the deep wounding of her feminine nature on a personal, cultural, and spiritual level. She undertakes this spiritual and psychological journey to become whole, integrating all parts of her nature. Sometimes the journey is conscious, but in many cases it is not. This workbook is designed to guide the reader consciously through the different stages of the *Heroine's Journey*. Based on workshops conducted by the author with women of all ages, it can be used individually or in a group. The reader will explore each stage of the journey and look at the myths and fairy tales that shed light on these archetypal experiences: Separation from the Feminine, in which a woman searches for an identity in a masculine-defined culture. The Road of Trials, in which she challenges the myths of female inferiority, dependency, and romantic love. Spiritual Aridity, a feeling of having lost herself in her struggle for achievement. Initiation and Descent, a period of drawing inward and looking for the lost pieces of herself. Urgent yearning to reconnect with the Feminine and heal the Mother-Daughter Split. Integrating and healing the wounded parts of her inner Masculine. The Sacred Marriage, which occurs as she learns to integrate and balance all aspects of herself. The chapters include questions for reflection as well as exercises in guided imagery, writing, art, and dreamwork to bring clarity and understanding to the quest. Finally, the skills learned on this archetypal journey prepare a woman to work toward the larger quest of bringing consciousness to others and preserving the balance of life on earth.

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