

THE 17 STAGES OF JOSEPH CAMBELL'S MONOMYTH

Call to Adventure
The hero starts off in a mundane situation of normality from which some information is received that acts as a call to head off into the unknown.

Refusal of Call
Often when the call is given, the future hero refuses to heed it. This may be from a sense of duty or obligation, fear, insecurity, a sense of inadequacy, etc.

Supernatural Aid
Once the hero has committed to the quest, consciously or unconsciously, his or her guide and magical helper appears, or becomes known.

Crossing First Threshold
This is the point where the person actually crosses into the field of adventure, leaving the known limits of his or her world and venturing into an unknown and dangerous realm where the rules and limits are not known.

Belly of the Whale
The belly of the whale represents the final separation from the hero's known world and self. By entering this stage, the person shows their willingness to undergo a metamorphosis.

Road of Trials
The road of trials is a series of tests, tasks, or ordeals that the person must undergo to begin the transformation. Often the person fails one or more of these tests, which often occur in threes.

Meeting with the Goddess
This is the point when the person experiences a love that has the power and significance of the all-powerful, all encompassing, unconditional love that a fortunate infant may experience with his or her mother.

Temptation
This step is about those material temptations that may lead the hero to abandon or stray from his or her quest.

Freedom to Live
Mastery leads to freedom from the fear of death, which in turn is the freedom to live. This is sometimes referred to as living in the moment, neither anticipating the future nor regretting the past.

Master of Two Worlds
Achieving a balance between the material and spiritual (the inner and outer world).

Crossing the Return Threshold
Retaining the wisdom gained on the quest, integrating that wisdom into a human life, and possibly sharing the wisdom with the rest of the world.

Rescue from Without
Oftentimes the hero needs a powerful guides to bring them back to everyday life, especially if the person has been wounded or weakened by the experience.

Magic Flight
Sometimes the hero must escape with the boon. This can be just as adventurous and dangerous returning from the journey as it was to go on it.

Refusal of Return
Having found bliss and enlightenment in the other world, the hero may not want to return to the ordinary world to bestow the boon onto his fellow man.

The Ultimate Boon
The ultimate boon is the achievement of the goal of the quest. It is what the person went on the journey to get. All the previous steps serve to prepare and purify the person for this step.

Apostasis
When someone dies a physical death, or dies to the self to live in spirit, he or she moves beyond the pairs of opposites to a state of divine knowledge, love, compassion and bliss.

Atonement with the Father
In this step the person must confront and be initiated by whatever holds the ultimate power in his or her life. In many myths and stories this is the father, or a father figure who has life and death power. This is the center point of the journey.

SEPARATION

RETURN

INITIATION

