

A LITTLE TRAVEL GUIDE
TO MASTER THE NEXT STEPS
ON YOUR HERO'S JOURNEY.

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W E L C O M E

I'm grateful to share with you the little companion to guide you
on your hero's journey.

Even though it is only a fraction of the number of exercises I use for my
mentoring and coaching offers for my clients, I hope it is helpful to you.

You can use that companion to reflect on the stages, on the section of your
journey you're already on, and/ or use it to help you through the stages you find
hard to navigate on your own.

The questions and exercises I offer are meant to activate your inner guide.

I know you already have all the answers you need (like what to do next),
My intention is to help you hear them a little better and to follow them as they
come from your true self.

**It is your journey. You are the hero – the one saying yes to life and answering
the calls of adventure that bring you closer to yourself.**

fisela



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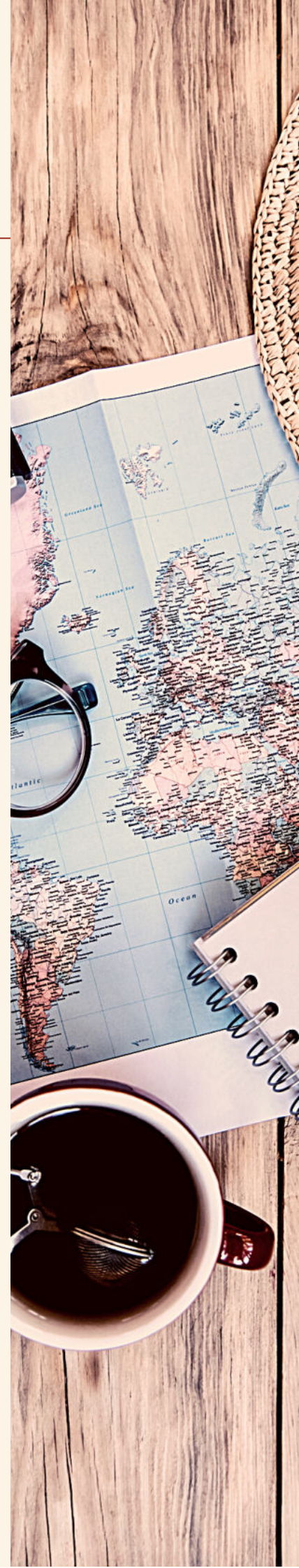
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INTRODUCTION

“The hero’s journey”* is like a universal roadmap for our individual personal development that is sparked through external or internal needs, problems, challenges, tensions, and conflicts we need to solve or overcome. We all go through the common stages and variations of the story or journey, we experience kind of “the same stuff”, even though it looks very different on the outside.

If we accept and use that offer of life, which often comes as a blessing in disguise, we can benefit from it and from this journey of self-discovery, to tap into true our potential, align with the source of our powers, and connect to our wholeness and magic again.

*I’m using the term “Hero’s Journey” also with reference to the monomyth described by Joseph Campbell. In that sense, the hero is that universal archetype within us, independent of gender, race, and social background, who is on the path of personal development.



Let's dive into your journey:

Spontaneously, without giving it too much of a thought, what would you say is the theme of your current “hero’s journey”? The one you are about to embark on, or already facing its trials and fights, or just about to reach its end, or returning home from, feeling changed, transformed, and ready to share the wisdom and insights you gained on your journey with the world.

What do/ did you want to achieve or overcome?

What do/ did you need to solve?

What do/ did you want or need to change?

Whatever comes to your mind, one of the many paths you’re on right now – a new one or the next level of a familiar one - , this companion is to give you some help to navigate the different stages and activate your inner guidance to help you through.

You get help for looking back and reflecting on the stages you have been through and that you’ve already mastered.

You get help with moving ahead towards what’s in front of you and preparing yourself for what’s coming.



Let's assess where you are starting from. Check in with yourself and determine what feels true when you think of your current troubles, emotions, and the state you are in.

Would you say, you are at a point where:

- you are still in the ordinary world, feeling kind of uneasy with how things are right now, only feeling a little nudge or hearing only a small voice that calls for change.
- you refuse the call, wishing for it to go away, not feeling ready to answer it, or feeling forbidden to answer it as it might be safer for you and/or others to stay in your comfort zone.
- you have no choice but to answer the call to adventure because it's been forced upon you or you cannot ignore it any longer for different reasons inside or outside of you.
- you set out on your journey, crossing the first threshold and actively taking the first steps in the new direction in such a way that others also notice that you're embarking on something new.

(This is the stage of DEPARTURE)



Would you say, you are at a point where:

- you are meeting mentors, human and spiritual help, as well as digging up old and new resources that support you in reaching your goals and the next stages on your path.
- you are facing numerous trials, challenges, and also foes on your way and while you are finding ways to overcome them, you also need to retreat, pause, and respite to regain strength and integrate the newfound qualities and insights.
- you are fiercely fighting your inner demons, fears, and enemies, though everything seems to fall apart, you are tired of it all, feel defeated, and almost want to give up.
- you master the biggest challenge of all, and through learning and understanding its lesson, you find new strength and get enlightening insights or experiences that transform you in such a way that you now see the outer world differently, even though it hasn't changed. You transformed internally.
- you are awakened to and conscious of the treasures in yourself that have come to light through the journey, and you now know your truth and feel the boon of finding more of yourself.

(This is the stage of INITIATION)



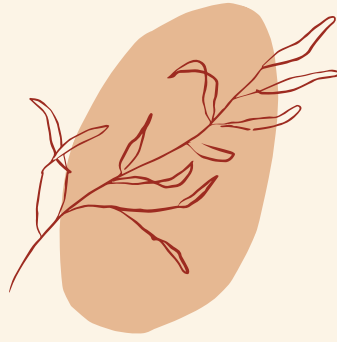
Would you say, you are at a point where:

- you return “home” with that deeper knowing, that wisdom you found inside of you which you are integrating into the life you’ve known before, which can be challenging as well.
- you find yourself faced with difficulties re-entering the world that you used to know, but you now feel like a stranger to, and you need to cross that threshold too which is testing your new-found personal and spiritual truth.
- you are “the master of the 2 worlds”, applying the learnings and treasures of your journey and thereby inspiring others and changing the world for you and others for the better. You have grown, matured even, and are now better equipped for the next journey which awaits you.
- you feel free to live from the inside out and choose your "battles" on your terms.

(This is the stage of RETURN)

You might find yourself repeating some of the phases of the 3 stages more than once and/ or experiencing a slightly different sequence, but the overall structure is the same for all of your different journeys as it is for all of us no matter if we are on the path of growing in our relationships, financially, health-wise, in our careers, in our business, as parents or friends, caregivers or caretakers, in our education, fitness, spiritually, in our social or cultural life, and so on.

Let’s dive into some of the exercises to help you navigate the different stages of DEPARTURE, INITIATION, and RETURN.

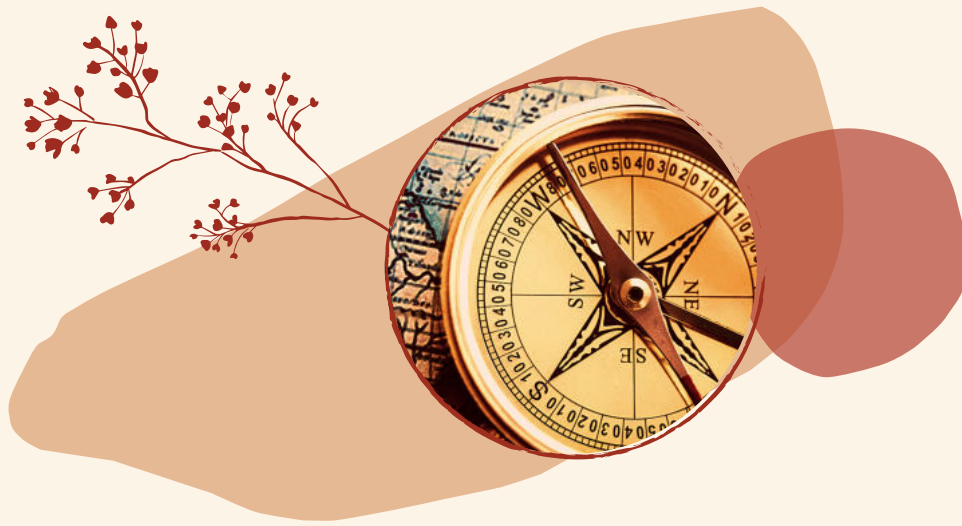


DEPARTURE

When you feel like you're about to leave the ordinary world/ your comfort zone but you're still not sure where you want or need to go, which steps to take, or what to do, let's assess where you are right now.

It's like programming your GPS before you start your car. In order for it to calculate the route correctly, it needs to know the point of departure first and then the direction you're heading.





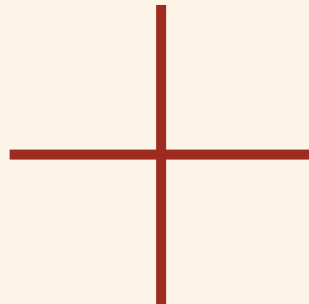
WHERE DO YOU WANT TO GO?

Here is one exercise for you, I would highly recommend taking some time to reflect on and jot down your answers in your journal:

The “more-less-quadrants”.

You can do this on paper, dividing it into 4 sections, or with 4 different pieces of paper you can put on the floor, or while you’re out in nature creating a cross with 2 sticks or strands so you get 4 sections as well.

It would look like this:



Now you choose one field to stand for “less”, one field for “more”, one field for “thank you and farewell”, one field for “welcome”.

It could look like this:





Now, start with the one section which says “**less**”, and answer the following questions:

What do you want less of in your life? Something you do have too much of? Something that you want/ need in your life but it’s just too much?

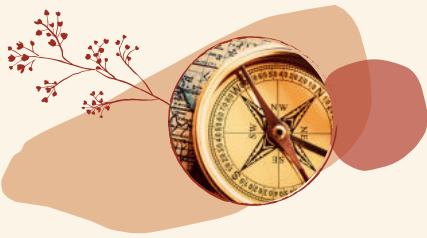
- It can be something very tangible (like clutter, unused cups, broken things, pants, shoes, or even books), or something less tangible (like work, stress, worries, sabotaging habits, or even attending events).
- It’s not about decluttering everything but that which drains you depletes your energy, and blocks your space. Write it down, and get as specific as you can.

If possible, take the time to stand in that field, close your eyes and also feel your answers, let them arise from inside of you. Don't judge or interpret your thoughts. Just take them as they are and then write them down.

Continue with the field that says “**more**”, and answer the following questions, write them down as specific as you can and if possible feel them in your body as you stand in that field:

What do you want to have more of in your life? Something that is not enough yet or should grow and expand in number, size, etc? What is there already but you want to experience and have more of?

- It could be again something very tangible (like more flowers, more shoes, more date nights, networking events ...), or something not as tangible (like time for yourself, laughter, peace of mind....).



Now, move on to the field that says “**thank you and farewell**”, and answer the following questions:

What do you want or need to let go of from your life entirely? What’s no longer serving you and you want it to leave, have it make room for something else/ new or just because it is time?

- Again, write it out. What do you think of? Specific things like old paint or pens, (unfished) projects you won’t ever take on again, people and relationships, names in your contact list, names of domains you bought, etc.

When you stand in that field, what comes to your mind, what do you feel in your body that you are certain of, that doesn’t need an explanation even though it might be uncomfortable or even harsh?

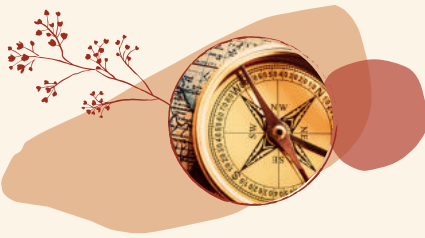
As you guessed correctly, now head over to the field “**welcome**”:

What do you want to welcome in your life? What is not there yet that you wish for?

- A new job, a new relationship, a certain experience, new things you want to buy or ask for? What is missing you know belongs to you or in your life?

Take your time to feel the answers in your body, so you can discern if these wishes are really yours and maybe even the reason why.

Write your answers down, so you have a clear indication of what to look for, the direction you want to move in.



Finally, draw a circle in the middle of the cross and write: "staying"

It could look like this:



Take the time to stay there as long as you need and listen to the answers to the question: "What do I want to stay as it is, what do I want to stay in my life, just like that?"

Write the answers down and take a little inventory of the good things you want to remain unchanged on your terms and by your choice.

As you get clear on what should be more in your life and even enter it as a new thing, as well as on what you no longer want in your life, select one specific thing from your "thank you and farewell-list" and one specific thing from your "welcome-list".

For both sections, it can be either a small thing or something that needs several steps and some work. Start with one thing each and do it today.

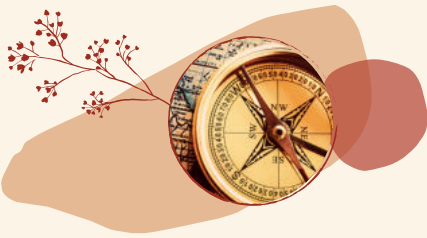
Right now.

Throw it out, make the call, do some research. Start moving.

Say "thank you" and let it go.

Say "welcome" and have it enter energetically or already physically into your life.

And with that, you're setting out in the right direction of creating your life on your terms, of taking on your hero's journey.



Here are some hints that help you know if you are on the right path in the right direction. You can always come back here to check that the road you're on is yours.

You know you are moving in the right direction, following your path if:

It feels like expansion.

Your breath gets wider and deeper.

Your muscles relax, and you are inclined to lean forward, almost like taking a step forward towards something.

Your facial expression softens. Your gaze is up or straight ahead rather than down.

Your eyes get clear, your sight widens, you start to see what's going on around you, and a smile from within starts to appear on your face.

Yes, there might be fear and anxiety, and worry, but they don't have the power to hold you back.

Because deep within, below all the layers of doubt, insecurity, "what if's", reasoning not to ... you FEEL certainty: There is no other way. This is what you want. And it feels joyful, hopeful. It makes you grin, gasp, and giggle.

Here are some hints that indicate, you're NOT on your or the right path:

It feels like everything is contracting, tightening, and closing in on you.

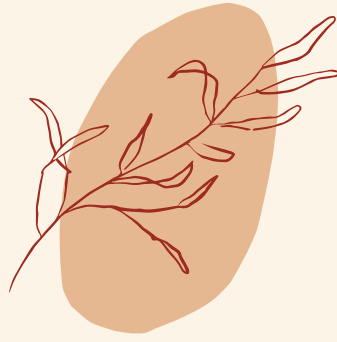
Your breath gets shorter and shallow.

Your muscles tighten, you want to retreat, back off, get away, even flee.

Your shoulders move up, your neck gets shorter, and your chin moves towards the earth.

Your eyebrows frown, and your sight feels restricted.

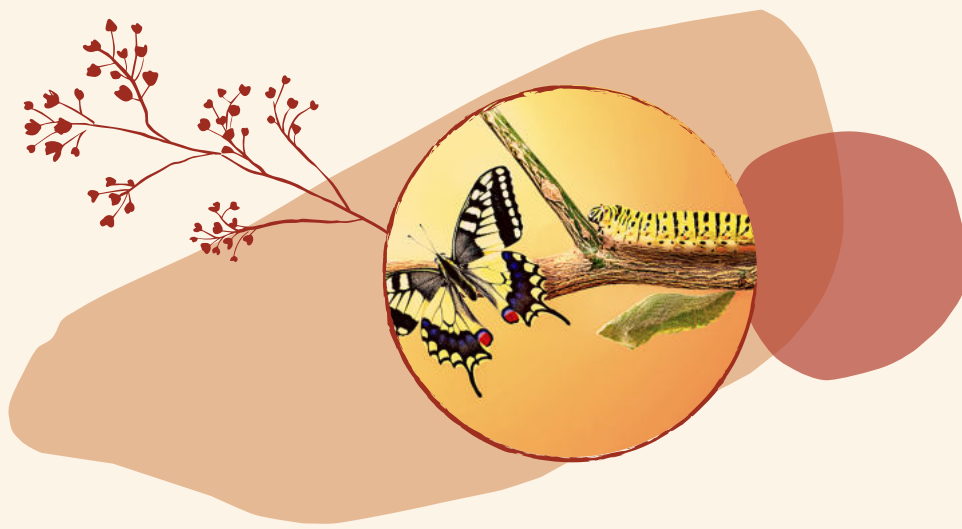
You're feeling the misalignment, even though in your head you tell yourself that makes sense, is reasonable, logical, and seemingly safe.



INITIATION

When you've crossed your first threshold, maybe by publicly announcing your new endeavor, quitting your job or entering your data on a dating site, you are now on your hero's journey that will be filled with trials, failures, successes, insights and transformation. You will meet mentors and allies, enemies and foes, inside of you and from the experience you attribute to the outside. You will learn what is true for you and get closer to your true self, you will discover new strengths and let go of old beliefs, dismantle layers of "bs" and find the treasures inside.





BECOMING THE ONE YOU ARE .

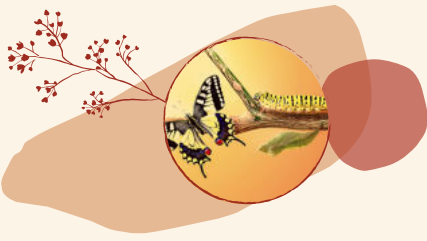
When we start on a new journey, want to change our career, move to a new place, end our relationship, or ... we often forget how powerful we already are, that we've done "it" before, that we have a vast reservoir of experiences, knowledge, and strengths we can tap into and rely on to succeed and "fail better".

If you are in a place right now where you don't know how to move forward, in which you feel weak, uncertain, helpless, unsafe, sad, or lonely, you might want to **activate your emotional superpowers**.

As you might know, our emotions and our emotional memory are stored in our body, so when we remember an event, situation, or experience that caused strong pleasant/ or unpleasant emotions in us, we also feel it in our body. In the following exercise, we want to use that to our advantage and recreate the memory in our bodies of feeling safe, loved, joyful, blessed, and self-confident.

For this exercise, I want to ask you to think of certain events and situations in your life where you felt a certain emotion (see Part A), and then for each emotion move to Part B to activate it.

For instance, remember a situation for emotion 1 in Part A, then go to activate it in Part B/1. After completion turn to the situation for emotion 2 in Part A, then go to activate it in Part B/2.



Part A)

For each of the following situations, write down your memory, recall the situation: when was it, where were you, with whom were you (if you were with another person)...

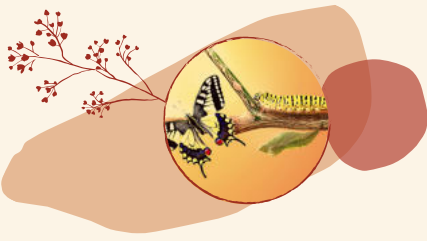
1. Start with thinking of an event or situation in your life where you felt safe and relaxed. Kind of chilled and at ease.
 - Now move to Part B (see next page) for this specific feeling of being relaxed and safe.

2. Next, think of a situation where you felt proud of something you did, proud of something you accomplished through your action and doing.
 - Now move to Part B for this specific feeling of being proud of yourself.

3. Next, think of a situation in which you saw something, or experienced something that caused you to be in awe, something that you would call a miracle. It could be something about nature or something someone did that you would describe as magical.
 - Now move to Part B for this specific feeling of being in awe.

4. Next, think of a situation where you felt gratitude, in which you experienced something you were grateful for.
 - Now move to Part B for this specific feeling of gratitude.

5. Now, think of something, a situation when you felt joy because you witnessed or caused someone else to feel joyful.
 - Now move to Part B for this specific feeling of feeling joy for and with someone else.



Part B)

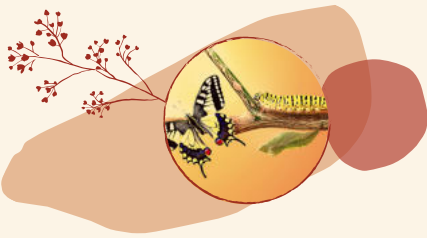
Go through each of the situations after the other and answer the questions below:

1. Thinking of that situation of being safe and relaxed,
2. Thinking of that situation where you felt proud of what you accomplished through your action and doing,
3. Thinking of that situation in which you were in awe of something you saw, heard, or experienced,
4. Thinking of that situation in which you felt gratitude,
5. Thinking of that situation in which you brought joy to another person, and that joy came back to you,

where do you feel that sensation in your body, which part? Shoulders, stomach, heart, arms, legs...? Where does it originate, where is it the strongest and where else do you feel it in your body?

What quality does this sensation have, is it warm, cold, hot, or neutral? If it had a color, which one would it be? How would its surface feel, is it smooth, soft, stonelike, rough, silky...? If you could smell it what kind of fragrance would it be? What kind of sound?

If you were to play this emotion in a silent movie, how would you express this emotion through your posture, your facial expression? Take on that posture and embody it until you are that wonderful emotion, and you feel it in every cell of your body.



For the next 2-3 weeks select one of these emotional super resources – feeling safe, proud, grateful, in awe, and connected with others through joy – and activate it 3 times a day for 15 seconds in your body. Ask yourself either:

1. When did I feel safe and relaxed today?

or

2. What did I achieve today through my actions and doings that I'm proud of?

or

3. When did I witness a miracle today?

or

4. What am I grateful for today?

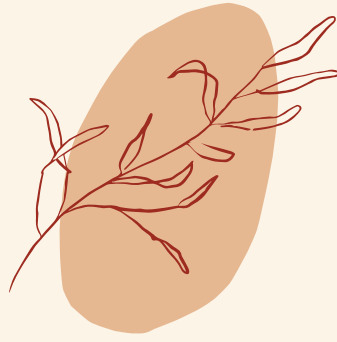
or

5. When did I receive joy today by witnessing joy in others?

Feel it, let it grow and expand. Over time you will notice that tapping into these major supporting emotional resources will help you stay centered and aligned to your true self more and more.

You can also start a collection of stories that help you feel self-confident and proud, blessed and inspired, loved and connected either from your past or your current experiences.

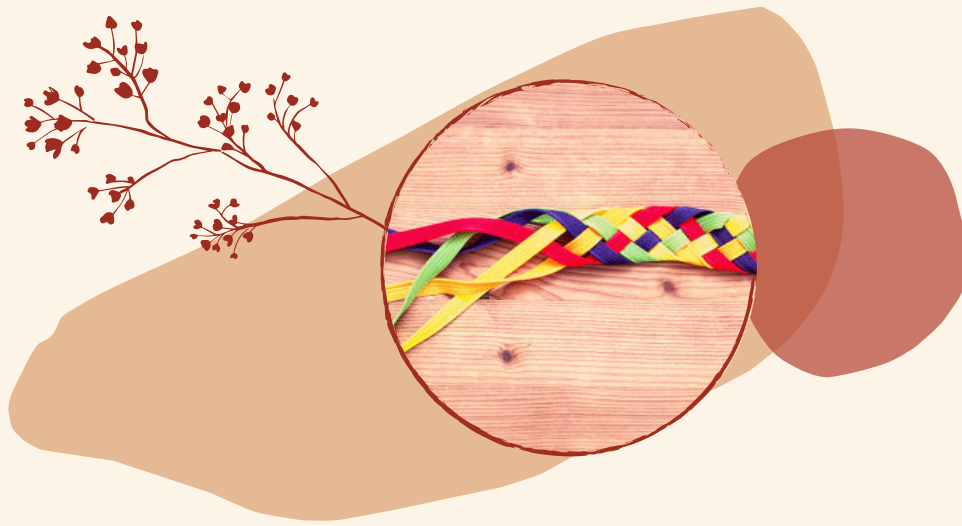
And whenever you need to you can turn to those stories to help you through a difficult time.



RETURN

The stage of the return is often a bumpy one too. We don't fit anymore where we once belonged. We bring our new take on the world, even our inner freedom, to people who don't share with us or understand the experiences and insights we had in the meantime. This can cause stress, conflicts, and thresholds too. But on the other hand, as we have changed, we can change the world for the better and bring healing with compassion for the "old ways" and by being a role model for the "new ways".





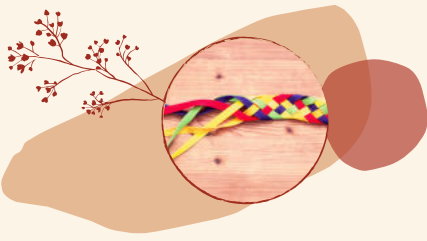
MASTER OF THE 2 WORLDS

To become the master of the 2 worlds, it is important to be aware of what you've learned, of your transformation, and of what you bring to the world and can share.

So, with the following exercise, I invite you to look back at your journey or at one you've completed before.

Answer the 3 following questions and besides jotting down your answers, feel the answers in your body too.

1. What do/ did you understand? For example, regarding yourself, life, others, your journey and the reason for it, etc.
 - Where in your body does this cause a pleasant feeling?
2. What did you learn? For example, about yourself, life, others, and your journey?
 - Where in your body does this cause a pleasant feeling?
3. What becomes/became possible for your (and others) now/ then because of it? For example, for yourself, in general, in specific situations, for your next journey, etc.
 - Where in your body does this cause a pleasant feeling?



Take your time and let your thoughts and feelings expand for yourself.

If you want, you can create a tangible, visual, or audible symbol and anchor for your insights, learnings, and development you can turn to remind you of them whenever you need that specific power or source.

If you want to own, wear and hold on to a unique piece of jewelry made from pure silver that captures your energy and your journey, I'd be happy to create it for you according to your wishes.

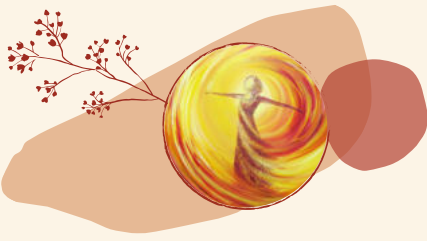
Maybe even as a precious and valuable anchor and source of energy for your next journey.



CONCLUSION

We are all heroes on our journey, on our quests, if we are willing and open to say yes to it, to life, and to ourselves.

Some journeys are more difficult, challenging, and energy-sapping than others, some take longer than others, some involve radical choices, and some are more subtle. Some influence all areas of our lives, and some seem only to affect a specific part. But all are rewarding in their own way and all demand our 100% commitment if we really want to find our internal “holy grail”.



I hope that this little travel companion helped you to activate your inner guide, even though it is but a small selection of the exercises and inspirations I use to help people on their journey.

For whatever you want or need to say yes to, I wish that you know that you've got everything inside of you that you need in order to succeed!

Yes, you have to do this on your own, but you don't have to travel and do this alone.

I'd be more than honored to be your mentor and guide if you chose to accept the offer.

If you feel like diving further into the topic or challenge of your current hero's journey or the one you're about to embark on, you can reach out to me at any time for a free discovery call.

For now, I wish you a wonderful day and safe travels.

Thank you,

Jisela



If you have more questions,
or want to find out more about my coaching offers
and/ or jewelry design,
please send me a message.
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