

The Authentic Man: *Realizing vs. Idealizing Yourself*

Being authentic does not come easy for most men. Years of being told to be bigger, better, faster, smarter, stronger, tougher, richer, successful and to be more of a man leaves most guys with a false idealized image of what it means to be a man.



The Hero's Journey

The Hero's Journey is a psychological journey into authenticity. It is a journey to realizing your authentic self as a person and a man. The Hero's Journey points men to the healthy stages of self-identity and authentic manhood. It involves 3 major stages:

- 1) **Separation** ~ leaving our comfort zones and separating our identities from our families through the stages of self-individuation.
- 2) **Initiation** ~ beginning with self-exploration that is both an inner journey as well as an external journey. The initiate must face his Shadow in the unknown world and confront his fears of the darkness and unknowns.
- 3) **Return** ~ the journey home is a return to share the experiences and wisdom that was gathered on the journey to authentic manhood.

Steps in the Hero's Journey

1. **Ordinary World** ~ status quo ~ this is your comfort zones (e.g., family, community, etc.)
2. **Call to Adventure** ~ a tug at your heart to experience life to the fullest
3. **Overcome fear and reluctance to change** ~ answer the call to adventure.
4. **Meet the Mentor** ~ seek for wise counsel on your way through life. You may have many mentors throughout your life.
5. **Cross the Threshold into the Unknown World** ~ Stepping into new territory out of your comfort zones
6. **Test, Allies, and Enemies** ~ the world is about struggle and overcoming obstacles within ourselves
7. **Approach the Cave of Darkness & Despair** ~ confronting your Shadow
8. **Death & Rebirth** ~ letting go of the old identities and discovering your new identity
9. **Discovered Treasures & Gifts from Within** ~ our gifts are found in our authentic self
10. **The Road Back to the Known World** ~ return to family, friends, community, etc.
11. **Self-Acceptance & Mastery** ~ live life masterfully in the moment; authentically – being true to yourself and others; and with full acceptance and love of yourself and others.
12. **Return with the Elixir & Wisdom** ~ humbly and compassionately share your experiences, your life lessons, and wisdom with others who desire to answer their own *Call to Adventure*.

THE HERO'S JOURNEY



“In ordinary life, a mentor can guide a young man through various disciplines, helping to bring him out of boyhood into manhood; and that in turn is associated not with body building, but with building an emotional body capable of containing more than one sort of ecstasy.” – **Robert Bly, Iron John: A Book About Men**

See video: *Finding Joe (DVD)* or (*See: Video Shorts on Amazon.com*)