

**heART of the HERO**



**Dance with the Shadow**

**A Creative Exploration  
with Coach & heARTist Kara L.C. Jones**



You are your own myth. We often forget that what is happening to us is not us. We make up stories about what is happening and begin to put on these stories as if they are the very essence of who we are. But these are all just myths. If you could just drop the story you are currently telling yourself, who would you be? If you let go of all the myths that previously defined you, who would you be?

A Hero's Journey happens when you answer the call of your BEING. When you are willing to be conscious of the myths you dress up in now. Willing to take those myths off and try out some new ones. Take a new stance, walk a new walk, put on the shoes of your Hero self instead of your everyday self. Willing to revision your world through the eyes of that Hero.

A Hero is willing to assess the life he or she has been living where there is a prescription for 'being good' and a no-no list of things that are 'bad.' A Hero is willing to consider the possibility of experimenting, being curious about anything that has been previously prescribed, judged, said to be impossible or out of the question. A Hero knows that he or she is not alone in this experiment. There are Guides to help, to answer questions, to point the way. There are Instruments of Power to access, and a Hero knows how to call out his or her Shield when needed.

For a Hero, it is not a 'failure' to hit a road block or encounter a Shadow issue. Rather, it is a point of interest on the Journey. The Hero takes the time to get curious, breathe deeply, learn as much as possible about the block or Shadow. A Hero might slay a Shadow as a dragon would be in a fairy tale. But a Hero is equally as likely to invite a Shadow to tea to ask it questions. Or dance the tango with Shadow to learn more about how it moves.

A Hero knows he or she will only become more consciously empowered by taking this Journey. He or she knows that they will return from the Journey with a new perspective, a new power that will enhance their experience with all the sacred spaces of life including Home life, Self-Care, partnering with the Beloved, doing one's heART Work in the world.

Where are you on this Journey? Would you like to join us for our Hero's Journey? We'll be exploring with creativity, recorded meditations, guided visualizations, and group discussion. Come take this part of the Journey with us!

[http://www.motherhenna.com/events\\_registration.htm#hero](http://www.motherhenna.com/events_registration.htm#hero)