

Introducing The Model and Toolkit

I want to encourage you to step out of
the normal bounds of your life
to begin seeing yourself differently.
I want to encourage you to live your life at the
cutting edge of time, allowing yourself to be
born into a new life every minute.

Barbara Ann Brennan

Normal consciousness is a conditioned trance. You live in the dream of your disappointed childhoods and are caught in the web of your daily reveries. You get manuals for every new device you buy. It's time you have one to help you awaken to the spiritual life.

**Based on the best of the
collective, the Goddess,
the Warrior, and
the Hero show you
ways to awaken from
your trances and arouse
a deeper Self.**



During my four decades of researching ways to awaken, manifest, and transform, I traveled through metaphysical, psy-

chological, and therapeutic systems, studying archetypal and mythic symbols and spiritual teachers. What emerged was a three-fold model of the **Goddess Warrior** on the **Hero's Journey**. Based on the best of the collective unconscious, these multi-layered prototypes show us ways to awaken from our trances and arouse a deeper self. Documenting my long writing odyssey evolved into a series, **A Toolkit for Awakening**.

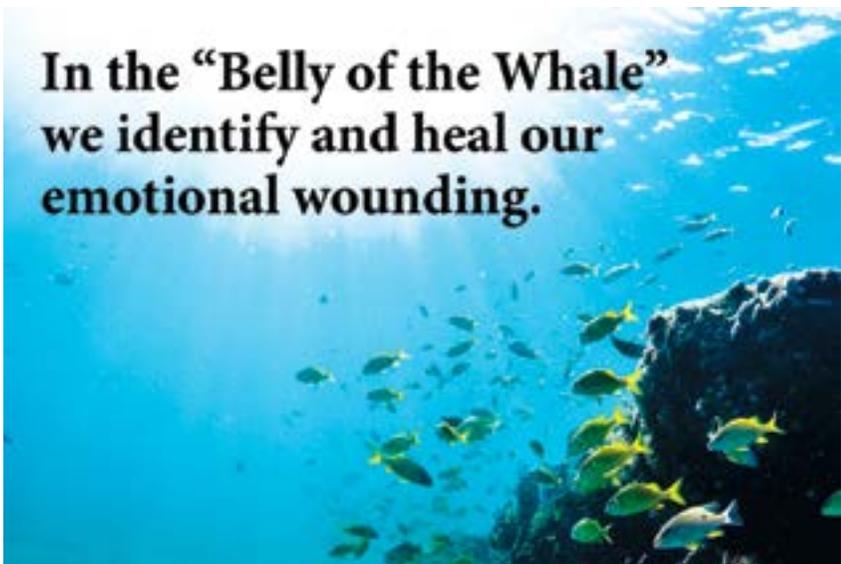
The Goddess represents the qualities of *love*, *allowing*, *openness*, and *compassion*. The Warrior has a *willing* sense of *responsibility* to be *present* and to set worthy *intentions*. The Hero's Journey reveals Joseph Campbell's mythic formula taken from his classic book, *A Hero with a Thousand Faces* (1949). Its three parts, the **Departure**, **Initiation**, and **Return**, and its seventeen steps, provide the outline and the foundation of this series. As you learn to emulate these powerful, integrated, and interrelated archetypes, you have a prescription to follow.



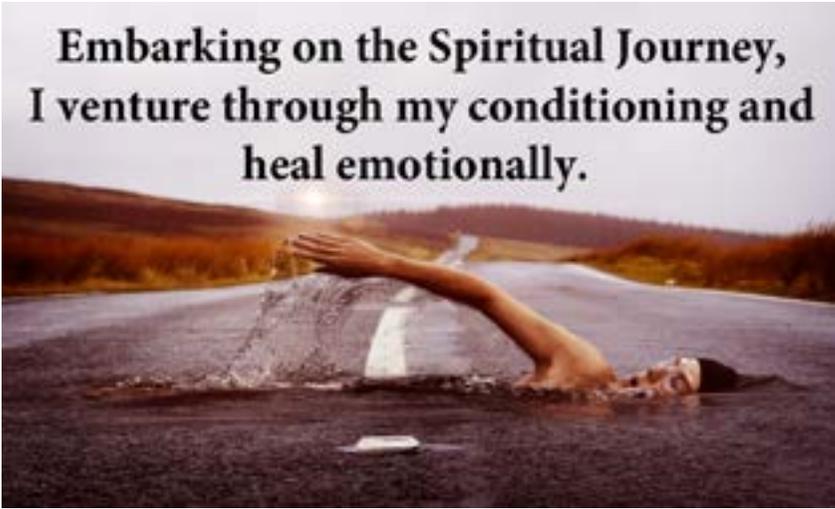
**The model of the
Goddess Warrior
and the Hero
is a prescription
for our times.**

With simple, practical, and illustrated principles, this book and this series was designed to be motivational and life-changing. The stories, processes, and questions will gently guide you through the journey, while the visuals engage the right brain, thereby facilitating learning with the whole brain.

I have taken creative license to rearrange the steps in the journey, because after you “Answer the Call,” you have to deal with all your obstacles and conditioning that gets in your way. First you explore your mental structures and learn to *Awaken from Ego* or what Dr. Wayne Dyer called, how we “Edge Out God.” This book deals with Campbell’s step entitled, the “Belly of the Whale.” Here you learn to identify and heal your emotional imprints, which created your wounding through some glitch in your different developmental stages.



I hope you will be inspired to engage fully with this model and toolkit and participate with me and like-minded others in this great spiritual adventure.



Embarking on the Hero's Journey using the keys of the Goddess Warrior, I venture through my conditioning and heal emotionally.

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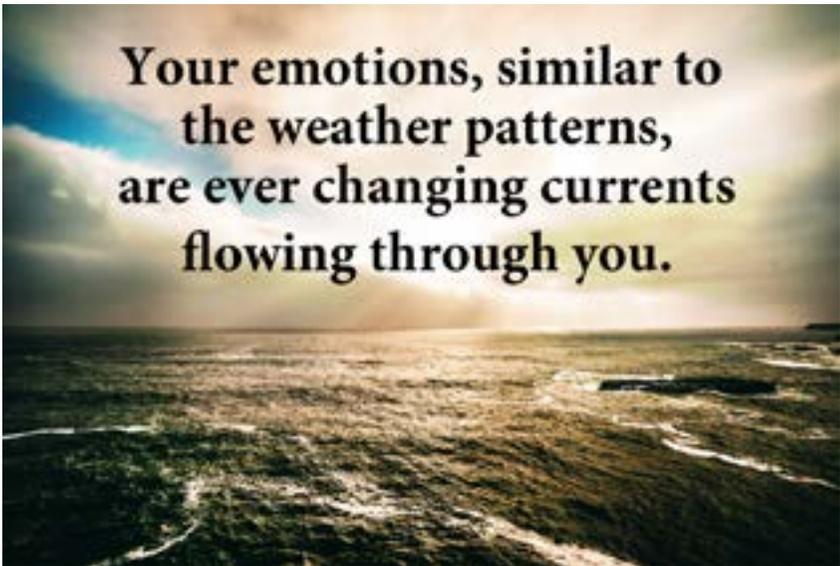
Healing Emotionally

To be healers, we need to go beyond being victims or even survivors of whatever our own private hell might be.

We are being called on instead to become transformers of consciousness.

Joan Borysenko

You can recover from your conditioned trances, which were created from your dissatisfied childhoods. Because our planet and our bodies are both predominately water, which symbolizes feelings, healing emotionally is our major lesson. Your emotions, similar to the earth's weather patterns, are ever changing currents flowing through you.



Feelings are your bodily responses to your perception of your environment. They are either positive or negative and pro-