CHARTING YOUR HERO MYTH INDEX (HMI) SCORES

1. Place your score for each archetype in the blank beside it.
2. Add together your Innocent, Orphan, Warrior, and Caregiver scores to get your aggregate Ego score.
3. Add together your Seeker, Destroyer, Lover, and Creator scores to reach your aggregate Soul score.
4. Add together your Ruler, Magician, Sage, and Fool scores to reach your aggregate Self score.

The three stages of the hero’s journey—preparation, journey, return—parallel exactly the stages of human psychological development.

PREPARATION FOR THE JOURNEY

_____Innocent
_____Orphan
_____Warrior
_____Caregiver

Ego Score:_____
The Ego is the “container for our life.” The Ego creates a boundary between us and everything else and mediates our relationship with the world. It also helps us learn to fit into the world as we know it and to act to change that world to better meet our needs.

THE JOURNEY

_____Seeker
_____Destroyer
_____Lover
_____Creator

Soul Score:_____
The Soul, which Jungian psychology equates with the unconscious or the psyche (the word “psyche” is Greek for “soul”) connects us with the transpersonal.

THE RETURN

_____Ruler
_____Magician
_____Sage
_____Fool /Jester

Self Score:_____
The Self signifies the achievement of a sense of genuine identity. When the Self is born, we know who we are, the disjointed parts of our psyche come together, and we experience wholeness and integrity. Our task then becomes to find adequate ways to express ourselves in the world, and in doing so, make the contributions we alone can make to bring joy to our own lives and help the Wasteland bloom.
Preparation for the Journey
The first four archetypes—**the Innocent, the Orphan, the Warrior, and the Caregiver**—help us prepare for the journey. From these four guides, we learn to survive in the world as it is, to develop Ego strength and become productive.

The Journey
The second four archetypes—**the Seeker, the Destroyer, the Lover, and the Creator**—help us on the journey itself, as we encounter our souls and become “real.” In the early journey, we may try to slay our dragons (positive use of the Destroyer), seeing them as entirely outside ourselves; as the journey progresses, we come to understand that they are inside us as well.

The Return
The final four archetypes—**the Ruler, the Magician, the Sage, and the Jester/Fool**—mediate the return to the kingdom. In the process, they help us learn to express our true selves and transform our lives. They take us beyond the Hero’s Journey into freedom and joy. When we learn to integrate the positive side of the archetype within ourselves, the dragons within (sometimes also without) become transformed into allies. For example, when people who judge us trigger the shadow side of the Sage, we can learn to respond with our positive Sage and explain that we are living up to our own standards, if not theirs.

At the end of the journey, then, there is no dragon. We feel authentic and free. We were reminded of this in such songs as The Eagles’ “Hotel California” . . . “And in the Master’s Chambers, they gathered for the feast. They stab it with their steely knives, but they just can’t kill the beast . . .” because the beasts/dragons are inside of us. And that’s the revelation. Until we recognize it, “We are all just prisoners here of our own device.”

HMI Pie Chart Goes Here