

## The Kwan Yin Journey



### Week 6 Summary – The World of Spirit

Here's an alternative structure to The Hero's Journey, called The Virgin's Promise. The Hero goes out to a magical world to challenge himself and comes back with a gift to benefit the village; the Virgin goes within to a secret world, is caught shining, and thereby challenges her village by growing outside the role they envision for her.

#### **The Virgin's Promise - A New Archetypal Structure**

By [Kim Hudson](#)

The title *The Virgin's Promise* has two meanings and in a nutshell, it describes the journey of the Virgin. The first meaning is the community's belief that the Virgin has agreed to live up to their expectations. She has made a promise to them. The second speaks to the Virgin's unproven potential that lies dormant within her, longing to come to life. The Virgin begins by conforming to the wishes of others and eventually learns to hear her inner voice and bring it to life. It is the journey to creative, spiritual and sexual awakening.

The Virgin begins her story in a Dependent World. She carries her kingdom's hopes for its continuation, which are contrary to her dream for herself. At first, she is afraid to go against her community and realize her own dream, but then she has a small opportunity to follow her dream in secret. She acknowledges her dream by dressing the part she was meant to play, if only temporarily. Enlivened by this first experience, the Virgin goes back and forth, juggling the two worlds, enhancing her dream in the Secret World, while appeasing her Dependent World. Eventually she no longer fits in either world and she gets caught shining. In this crisis the Virgin has a moment of clarity and gives up what has been keeping her stuck and recognizes she has the ability to realize her dream. The kingdom goes into chaos. Now, she wanders in the wilderness trying to decide whether she will make herself small again to make people happy or choose to live her dream. She chooses to be true to herself! She loses her protection and it is grim, but the kingdom re-orders itself to accommodate the blossoming Virgin, and the kingdom becomes a brighter place to live:

1. Dependent World
2. Price of Conformity
3. Opportunity to Shine
4. Dress the Part
5. Secret World

6. No Longer Fits Her World
7. Caught Shining
8. Gives Up What Kept Her Stuck
9. Kingdom in Chaos
10. Wanders in the Wilderness
11. Chooses Her Light
12. The Re-ordering
13. The Kingdom is Brighter

The order can be re-arranged and some beats can be explored more deeply or repeatedly while others may be represented by a single line of dialogue, a look, or even implied. The range of ways these beats can be represented is infinite.

Looking at the Hero's journey, it is quite different from the Virgin's journey described above. The Hero lives in an **Ordinary World** until one day he receives a **Call to Adventure**. At first he **Refuses the Call**, because of the great danger, but after **Meeting with the Guide**, the Hero **Crosses the First Threshold** to a foreign land. Suddenly away from everything familiar, the Hero is **tested** in his ability to survive. Clear in his purpose, he meets **Allies** who can help him and learns about his **Enemy**. The Allies make **Preparations** to enter the Enemy's lair and increase their chances of success. The Hero faces near-death in a **Crisis** in the lair, escapes with his life, and is **Rewarded** with an advantage when next he faces the Enemy. He takes the **Road Back** and meets the Enemy in a **Final Battle**. The Hero defeats the Enemy, sometimes at the cost of his life, and **Returns the Elixir** that will keep the village safe.

The first difference between the Virgin and the Hero is in their relationship to their community. The Hero comes from a village that is basically good. He seeks to preserve the village and it remains relatively unchanged from beginning to end. The Hero leaves the village to ward off danger before it arrives and creates havoc in a foreign land. The antagonist is the personification of this foreign land and is basically evil and rightly destroyed.

The Virgin lives in a Kingdom that is in need of change. The kingdom is stagnating and needs to allow more individual freedom. Growth of the Virgin forces growth of the Kingdom. The antagonist is again the personification of the kingdom and may have benevolent feelings towards the Virgin despite being the obstacle to her archetypal transformation. Their love for each other is sometimes the inspiration for the transformation of the kingdom.

The Hero ensures stability and the Virgin brings chaos to the community; the Hero goes to a foreign land and the Virgin stays home.

Another key difference is the motivation of the protagonist. The Hero is learning to be self-sacrificing. His highest purpose is to overcome his Mother Complex and learn to live

without the comfort, ease, and security he feels living at home. He must face his fear of death and expand the limits within which he understands he can survive. He is about being rugged, strong, and brave as he challenges the boundary between humans and immortals.

The Virgin is learning to be self-fulfilling. Her highest purpose is to overcome her Father Complex and make choices in her life based on her own values. She must follow her passion and know joy and love. She is about awakening her sexuality, spirituality and creativity and making her dreams come true.

The Hero is learning to do and the Virgin is learning to be. The Hero and the Virgin both face the challenge of knowing oneself as an individual.

### **Finding Spirituality**

We live in a spiritual world. That's reality. However long it took me to accept it.

And I'm not alone. I frequently hear from people struggling with "the God thing," as they call it. As Eckhart Tolle says, trying to make the infinite definite creates a problem.

Sit down and figure out what you believe--however little. Even almost nothing. But no faking, no forcing beliefs, no pretending, no making the best of it all--what is there that you *can* accept? That's not only a start, but also plenty.

That's the hardest part for most people, and you don't need a vision, the cooperation of the universe, a guru, a comprehensive knowledge of religious texts, psychic powers or a really colorful aura. You just have to take a good, hard, thorough, honest look at yourself and what you truly believe.

But forget about your list of what you DON'T believe. This is about you and your beliefs, the ones you honestly, thoroughly, hold day to day.

Now--you need a daily spiritual program.

Every notice that during a period of tension, each day starts more and more tense? This is quite understandable, and you're building on the wrong material--your reaction to outside things.

Instead of building tension, start each day fresh. Build a morning ritual--it can be very short if you like. Keep it simple. Perhaps a book of daily readings. Perhaps a prayer or chant. Perhaps meditation. Something that is truly meaningful to you. Something you will actually like to do each morning. Something you find helpful. Then do it.

And as you practice just this little bit of spirituality, as minimally as you define it for yourself, you will find your spirituality growing in ways you could not have imagined.

## THE IMPORTANCE OF PRAYER

For a religious person, say your prayer, and turn it over to God. Let go of the outcome; whatever happens is as it should be.

For those who don't subscribe to any religion, pray just the same. To whom? Who cares. Just pray. It will remind you that you are not the powers that be. And when you align yourself with what is instead of what isn't, you too will grow to recognize you are "filled with Brahman." Even if you're convinced you're talking to nothing, do it anyway. Try it. In time, you will be amazed. And even if nothing else, it will help you out of your egoic self, which is holding you back.

I really like this prayer: "Please put in my path the people who can help me." This beautifully both appeals to a power greater than yourself while simultaneously reminding you not to try to do everything by yourself. Before long, you'll experience so many wonderful "coincidences" that you'll find yourself embracing prayer as the powerful tool it is.

## THE IMPORTANCE OF SPIRITUAL DIRECTION

Trying to use our minds to comprehend our natural state and our connection to what's around us is beyond our capacity, beyond our perception, beyond our understanding in the usual sense as we use that term. We must turn instead to our experience, and to what flows through and unites us, beyond the abilities of our minds.

Our lives need direction and purpose, or our energies become entropic. Without a direction and purpose, without a spiritual focus, we have no compass, and are easily thrown not off our path, as it might seem, but rather thrown because we have no path.

Wayne Dyer describes it well:

"Nikos Kazantzakis reinforces this idea by giving these words to his fanciful character Zorba (in his book *Zorba the Greek*), who always lived his life to the fullest: 'By believing passionately in something that does not yet exist we create it. The nonexistent is whatever we have not sufficiently desired.'

Dan Zadra says it even more pointedly: "Worrying is a misuse of the imagination."

We need that spiritual core, that connection to What Is, whatever we want to call that What Is, even if we don't know what that is--and not to worry, because we can't know. It's beyond our minds. But we can experience the connection to whole, the flow of the spirit, and we can direct our purpose and proceed in accordance with our spiritual path. This is living.

## IN SEARCH OF ENLIGHTENMENT

What does it mean to find Enlightenment? All the texts say the same--we already are Enlightened, that we are just unaware. Awakening would be a more accurate term.

“How can I live in the moment?” We *are* in the present moment. But as Eckhart Tolle says, when we make the present moment an obstacle, life become the problem. He goes on to advise, “Don’t treat the present as no more than a means to an end--make it your friend.”

Just be. We all have moments when we get it right--that deeply peaceful time in nature, the incredible love-making glow with someone so very dear, the playful laughter of a child, playing fetch with the dog, absorption in work we find meaningful, all these make time collapse, worry vanish, and for a time, we just live. In these moments, we are Awakened. We know how to do it. The problem is, we feel these are fleeting adventures; we’re unaware it’s how we’re supposed to feel all the time. All the time.

What gets in the way? Ego. We want to run the show, but in doing so, we separate ourselves from it, and are no longer Enlightened, and no longer see ourselves as connected--we’ve become Unaware.

To get out of self, be of service to others. Get up in the morning and ask to be guided to where you can best be of service. You’ll be more open to opportunities and new experiences. Notice that all those transcendently happy moments above involve getting outside of ourselves and our own minds? You’ll start experiencing more of these moments.

And when that happens--it will happen prior to you becoming aware of it--you will realize what The Buddha meant. You are Awakened. You are Enlightened.