



# Write & Heal

through your

# Hero's Journey Story

8-Week Online Workshop with Julie Mariouw



## In This Workshop We Will:

- Create **Mind & Body Memory Maps**, accessing places within us that still need to be healed. We will choose one of these scenes to create our Hero's Journey.
- Spend the **first two sessions** of this workshop locating our hero and **establishing her in the Ordinary World**.
- Discover & Develop a **Mentor**.
- Discover & Develop a **Special World**.
- **Cross the First Threshold** into this Special World. Deal with **Threshold Guardians** we encounter.
- Discover & Develop **Allies & Enemies**.
- Pass through **Tests**.
- **Approach the Inmost Cave** & possibly face **The Ordeal**.
- **Write with metaphor, the senses, polarity & physical movement**.

**Wednesdays 7-9:30pm (Eastern)**

**May 10, 17, 24, 31**

**June 7, 14, 21, 28**

**2023**

**Cost: \$290 (US)**

(Payment Plan Available Upon Request)





"The magic of transformation starts with a spark of realization...This usually happens when a caring and compassionate mentor shines the light of hope into the abyss and sits with the hero to consider and reflect upon the meaning of this newly-illuminated path."

--Matthew Bennett

### Texts I Will Use to Prepare:

- *Writing the Natural Way*  
Gabriele Rico, PhD
- *The Writer's Journey: Mythic Structure for Writers*  
Christopher Vogler
- *The Hero with a Thousand Faces*  
Joseph Campbell
- *How the Light Gets In*  
Pat Schneider

"Like living beings, stories have an agenda, something on their minds...They want to wake you up, make you more conscious and alive."

--"The Writer's Journey", Christopher Vogler

"...there is a 'deeply rooted connection between storytelling, the myth of the Hero's Journey, and its possible connection to trauma recovery."

---Laura Vecchiolla

## Workshop Full

