The Transformative Spiral

Another way of understanding the Heroic Journey is to frame it as a spiral of five dynamics. Again, these are not linear but constantly recycling among each other.

**Surrender.** To leave the comfort of the familiar and launch into the unknown on a quest requires a giving over of oneself in trust to a higher power or order. So we surrender our small self to our larger self; we surrender our will to serve a higher will; we surrender our personal desire to a bigger purpose. Ultimately, we surrender to the higher purpose of our journey.

**Release.** Having initiated the process of surrender, we must also and continuously release ourselves from attachments and temptations. We are attached to outcomes; to ‘the right way;’ to personal satisfaction; to our views of what is or should be; to old conditioned patterns; to separation mind; to pushing away what we don’t like; to fear of failure, rejection, or success – and many more. We are tempted by comfort, ease, fame, all that we pretend nourishes or defines us. We must unhook ourselves from these bonds, being constantly vigilant to let go, let go, let go, in order to move forward on our journey.

**Expand.** When energy is released or unbound from a held pattern, space is created for new energy to flow in. This inflow is expansive. We grow larger; have more resources; see a bigger picture; feel stronger, more hopeful, more joyful, and more capable.

**Celebrate.** The expansion fills us with gratitude and appreciation, wonder and awe. We can now bring our new resources to others, share what we’ve learned, make a difference. Joy overflows.

**Re-Dedicate.** As we see the changes happening, our joy turns again to commitment to do more. We re-dedicate our intention and our action to once again launch ourselves into the unknown for yet more of the journey.