

## The Training Academy of the Eschwege Institute

### Ancient rites of passage and the Mono Myth

The time has come to acknowledge that a time of transition has arrived and to separate yourself from your former life. A rite of passage requires you to leave every possible distraction behind you and to become empty. You prepare to go out alone, with no food and a bare minimum of equipment, into the wilderness for four days and nights.

You will be alone in the midst of nature and can surrender to the influences of the soul of nature, discovering it to be a true mirror of your inner-self. All that is unimportant falls away, creating emptiness. And this emptiness is an invitation for the vision of what needs to be done to enter into our conscious mind and to make itself known.

In times of life transition we must leave the personal myth that we created about ourselves behind us. We needed this myth in order to explain how we became who we are and for what reasons. Now it is obsolete. This process leaves us disorientated, lost and desperate until we discover that underneath the old skin we have just shed, a deeper or newer truth has appeared.

1

We need a safe setting; we need to know that support is available to us before we fully allow our old world to fall apart - to die. It needs courage and teachings to be able to cope with the feeling of emptiness that arises until the newest truth about ourselves emerges.

The so-called "Mono Myth" (Joseph Campbell) refers to the one underlying story in myths and fairytales throughout the whole world and to the soul-journey that occurs in humans, when going through times of transition. The key moment in the mono myth is the encounter with something so dreadful that we would prefer to run away from it. In all journeys undertaken by heroes there are encounters with a monster, a wicked magician etc. In the reality of our psyche the symbolism here represents either rejected or hidden parts of our personality or uncomfortable truths that could threaten the life stories we constructed about ourselves.

As children, we were already aware of the importance for the hero - despite his fear - not to run away, but to stay put and to face up to the devil.

The wisdom of the mono myth tells us, that the monster, the shadow, is a protector of the so-called elixir of new life. When the hero has shown maturity by not running away, the monster is forced to give way so that the hero can take possession of the elixir.

There is no other possible way. The elixir can neither be bought, nor can we send someone else to get it for us. Sometimes our path forces us to go through and face up to the things we fear most.

In times of transition, themes urge to the surface of our ocean-like-unconsciousness. They want to be seen, to be worked on; as yet they cannot be named as they are not yet visible to our conscious mind. That is why cognitive and analytical strategies for solving problems do not work during this phase.

Change Process and Vision Quest Guides offer nature based tools that help to identify these themes, following the credo that the best answers are always already contained within the person who asks for them.

These tools can help the treasures within to emerge.