

# The Hero's Journey

## An adventurous path to power and vision

### Desire & safety

In every woman and in every man there is a part, which wants to make something out of one's life, searching for change and further development. And there is another part standing in one's own way. This part protects things as they have always been like (status quo) and is sabotaging anything new.

These two parts give a signal especially then when a transition into a new life situation comes up.

Is the conflict between desire and anxiety not solved, paralysis, listlessness and discontent will result.

Authentic and in their own sense successful people have learned, to accept and to integrate their adventurous and their protective part.

### Hero & Demon of resistance

This basic human conflict is mirrored in myths of the hero and in magical fairytales all over the planet. The director, actor and Gestalt therapist Paul Rebillot designed a process of personality development out of that: the **Hero's journey**.

In this process we support every participant to work out these two conflicting parts of personality, to embody them as "hero" and "demon of resistance" and to confront them with each other.

Did this confrontation result in the decision for an agreement in the interest of both sides, the path into the "land of the unknown" is opening up.

Exceptional experiences ("miracles"), tests and the "reward" of the journey are waiting here.

### Reaching the source of life vision

The hero's journey training offers the chance to come in contact again with those buried inner layers of our person, in which we may discover new targets and get on to the track of our life purpose.

The way there is not simple, it needs the upright readiness to confront oneself with oneself and with own inner resistances.

This teaches us to design our journey through life more purposefully and livelier. This contributes to health considerably as well.

### For whom?

Doing what you are told is not changing the world. To discover own resources and an inner source of sense and to follow its vision: this is empowered by the Hero's journey training.

Counsellors and therapists accompany people in crisis transitions. Activists in cultural, artistic and social fields support people to unfold their inner resources and creativity.

Everybody feeling resonance with these targets will benefit from this training.

At its beginning a learning project is defined, at its end is half a day's time for reflexion of the process and its diversity of methods.



### Paul Rebillot

(1931-2010) was a famous director and teacher of theatre art in San Francisco. A deep emotional and spiritual crisis brought him in

touch with his vision. Based on this experience, his education as Gestalt therapist, his experience with healing forms of theatre and with Joseph Campbell's mythological studies ("A hero with a thousand faces") he designed the Hero's Journey training and published it in his book "The call to adventure: bringing the hero's journey to daily life" (1993). The famous psychiatrist Stan Grof praised this training as precise description of the "landscape" of a "transformative crisis". Paul worked for decades as workshop guide, therapist and teacher at the Californian Esalen Institute and other centres in Europe.



### Dr. Helga Weule

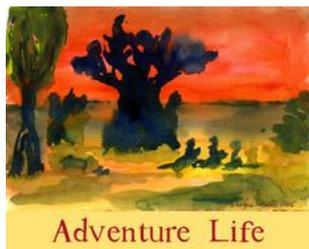
is philosopher, group dynamic trainer, organisational consultant, LSB, supervisor, painter and authoress of several books and articles in professional publications. Group dynamic, system theory, systemic family therapy and the art and knowledge of Peruvian traditional healers are her strongest influences. She is a professional counsellor and supervisor in Austria since 1983. She teaches group dynamic and systemic counseling.



### Manfred Weule M.A.

is cultural anthropologist, counsellor, organisational consultant, supervisor, LSB, guide of intercultural learning projects and author of several books and articles in professional publications. Gestalt, systemic counseling and the ways of traditional African healing are imprinting experiences. He is a professional counselor since 1990 and teaches systemic counseling and the art of ritual.

*Both have been trained and authorized by Paul Rebillot to guide and to teach this process.*



### Adventure Life

was founded 2007 by participants of a Hero's Journey in Austria. It is an European network with the target to spread the HJ as a path of initiation and community building. It has members in Austria, Czech Rep., Slovakia, Slovenia, Spain and Germany.

It forms a self-organizing project of educating HJ guides, reflecting its practice and condensing its reflexions into common theory construction. Often in cooperation with EU programmes like Youth in Action and Erasmus+ AL organized HJ trainings 2008 and 2016 in AT; 2012 in CZ and IT; 2013 in SK; 2018 in ES and in SK and facilitator trainings 2009 and 2014-2020 in AT.

The association AL follows the motto *“It needs community to grow up and to live the adventure”* among people of any age, who want to follow the path of adventure and desire. [www.adventurelife.eu](http://www.adventurelife.eu)

**Guidance:** A team of Adventure Life, Helga Weule and Manfred Weule

**Working languages:** German (and “Euro-English” for mother language subgroups of participants from other countries)

**Mo Sept.4 3 pm – Sun Sept.10, 2023 16:00**  
(6 days on 7 calendar days)

**Venue:** Seminar hotel Kobleder, A-4931 Mettmach [www.seminar-kobleder.at](http://www.seminar-kobleder.at)  
Please book room yourself. 6 days full board € 374

**Seminar price** until May 31, 2023 890 €, afterwards 960 €.

*Special conditions for participants with lower income on request.*

*3 subsidized places for social activists*

*Registration form as download on <https://www.drachenhau.at/seminare-workshops/heldenreise/>*

*Registration deadline Aug.11, 2023*  
*Max. number of participants: 15*

**Info, Booking & Organization:**  
Antonia Lechner LSB  
[info@drachenhau.at](mailto:info@drachenhau.at)  
Tel.mob. 0043 676 7863 302



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