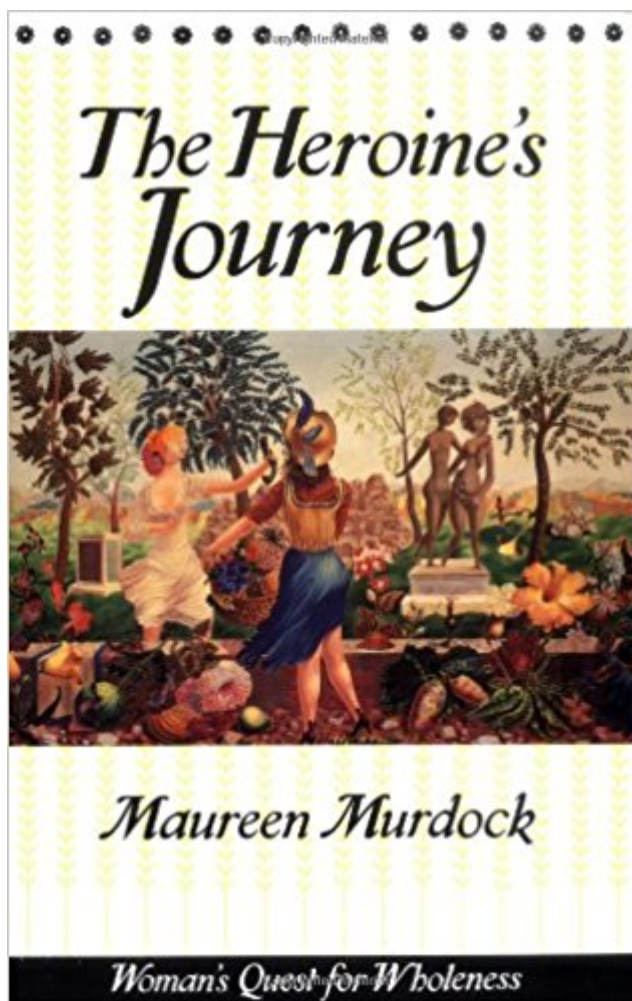




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The Heroine's Journey



Synopsis

This book describes contemporary woman's search for wholeness in a society in which she has been defined according to masculine values. Drawing upon cultural myths and fairy tales, ancient symbols and goddesses, and the dreams of contemporary women, Murdock illustrates the need for—and the reality of—feminine values in Western culture today.

Book Information

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Customer Reviews

Murdock traces her journey from rejection of the feminine in order to "succeed" in a masculine world; through discovery of the inadequacy of "success

"Though the book is rich with examples drawn from myths and Jungian psychology, it is surprisingly easy to read. The journey requires serious, often frightening, wandering before one's true identity and power are known. Like the journey Murdock describes, there are no cheap, easy lessons.

There are many rich, rewarding lessons, but these are gained only through integrity, courage, and the willingness to meet challenge with all the resources one can muster."—Creation

"Murdock's personal journey will surely speak to many women, but I hope also to those men willing to hear these newly awakened female voices—and of the feminine in their own

souls."—Utne Reader "Combining personal experience and painstaking erudition, Maureen Murdock's *The Heroine's Journey* shares with us the essence of the female journey. A fine, warm, and insightful book."—Carol Pearson, author of *The Hero Within: Six Archetypes We Live By*

"The Heroine's Journey offers a map of the feminine healing process. Murdock writes in a clear and compassionate voice which draws inspiration from her experiences as a mother, artist, and therapist and from the collective wisdom of the community of women on the path of the goddess. This book speaks to each woman who longs for a spiritually alive feminine self, one who is actively engaged in the world, and who embraces the masculine principle as a mirror of herself. The Heroine's Journey guides the reader in reweaving the threads of her life story into a mantle of empowerment for herself, for other women, and for Gaia, the Planet Herself." — Patrice Wynne, author of The Womanspirit Sourcebook and co-founder of the Gaia Bookstore and Catalogue Company

"Maureen Murdock's important book on the heroine's journey contains a wealth of insight that is of great value to contemporary Western women. It explores a rich territory of the feminine psyche and opens an understanding of female development that relates not only to personal transformation but cultural transformation as well." — Joan Halifax, President of the Ojai Foundation

"A great roadmap for the changing landscapes of women's lives. It's assuring, rich in personal stories, and leads us securely to the Goddess." — Z. Budapest, author of The Holy Book of Women's Mysteries and The Grandmother of Time

In Patriarchal Relationships, there is always a dominate and submissive.-Excerpt from The Heroine's Journey-Maureen Murdock touches upon the enormous task of going down into the abyss to transform into wholeness. The hero's journey has been told throughout history that the hero's father is absent from the hero's life. The same sex parent has the most influence in a child's life. In the heroine's journey, the mother figure is the most important. However, there is not that much written about the heroine's journey. All we have are tales of Cinderella, Snow White and they are dealing with stepmothers and sisters. As a society, we don't want to accept there are mothers and sisters who are just as cruel. In real life, the women who endure such cruelty become the caretakers for their elderly parents and who in society have been labeled; Old Maids. But, we are living in the twenty-first century and the caretakers can overcome their fate by an enormous amount of self-knowledge! Then they can use their positive father role model and be effective in the world...the servant becomes the heroine! Of course, this process takes years of uncovering shame and doubt. The "Good Person" becomes a whole person. They are free from outside influence. The Heroine and Hero's Journey is about transforming one's self into a whole person, linking together the personality with the intangible soul, creating; The Self. The message in The Heroine's Journey is NOT dated but so overlooked in our society.

One of the reasons that I read, "The Heroine's Journey," by Maureen Murdock is there is a void on what stages a women must take to reach fulfillment. Based on the rich symbolism of mythology, Joseph Campbell created the hero's journey that many authors have adopted to use as a model in their stories. Although mythology is rich with stories about women, the feminine aspects of intuition, nurturing, and creativity have been downplayed in our modern society. Success is primarily measured in terms of masculine attributes. Maureen Murdock, working as a therapist, created the steps in a heroine's journey to help women integrate both their masculine and feminine sides. One of the quotes that I love from the book is, "The heroine must become a spiritual warrior." Only when a woman can merge both her masculine and feminine aspects of herself will she reach fulfillment. That is when a woman not only serves the needs of others but can value and be responsive to her own needs as well. This is definitely a book worth reading. It is thought-provoking and can be used by storytellers whose main protagonist is a female.

I started quoting this book before I finished reading it. That's pretty much an indication that it's an important one for me. If you write women's fiction and you haven't read this book, read it. If you write about women and you haven't read this book, read it. I'm having a reaction that I've heard others have when they "discover" Joseph Campbell's work for the first time: how did I not know about this book sooner? It's especially strange for me that I wrote a master's thesis in the 90's about the mother role in British lit and somehow I never came across this text. Ah well, I've read it now, and I'll be going back to it. In fact, I have a feeling that as I complete re-writes on my current project I'll be revisiting this text a lot. The only complaint I have about The Heroine's Journey is that it's dated. Just like the thesis I wrote in 1995 is not what I would have to say, now, about the mother role in our society, I wish we could have an updated edition of The Heroine's Journey. We have a beautiful updated version of Christopher Vogler's The Writer's Journey (which is were I read about Murdock's work), so how about a similar edition for The Heroine? I'm just saying....

Though this book is twenty or more years old, it still has relevant ideas about women and our role in society. We continue to struggle along the heroine's journey, though in recent years it seems our efforts are actually accomplishing a shift in perception. This book takes the reader on the heroine's journey and shows her how to reclaim lost or broken parts of herself. Any man who reads it can gain insight into the differences between his struggles and that of the women in his life. I recommend this book to anyone who is seeking to understand how men and women can work together to make the world a better place to live.

With so many books on the ancient gods, there is so few on the application of the mythology on the journey of the Heroine and the feminine principle or anima. Maureen shows no fear in diving into the knowledge and using her own life in examples of how Inanna and Persephone come alive within her and others. This is a must read for anyone wanting to explore the emerging and evolving goddesses in the modern world.- Erik M Roth, Shamanic Astrologer

Although I agree with some critics that state that women have already surpassed many of the barriers Murdock addresses here, I believe that reflection on these subjects is still very pertinent. This book is my companion to facilitate women's inner work and I recommend it to anyone working in the field of psychological therapy, personal development and similar.

Wow. I found this book yesterday afternoon and just finished it this afternoon. I had been looking for more information about The Heroine's Journey, as I have always been intrigued by The Hero's Journey, yet, as a woman, it has never quite resonated with me. I have experienced much of the journey, as described by the author - but I had not put the pieces together until seeing much of my journey described on the page in other women's journeys. Every woman owes it to herself to read this book.

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