
The Power of Myth Summary PDF Cheatsheet —

GrowthSummary.com

?? 1. The Hero's Journey: The greatest myths tell a story of courage, sacrifice, and transformation

The “hero's journey” is a common pattern the lies beneath many of the greatest myths and stories. The hero is called to adventure, suffers many trials and tests, becomes transformed, then returns to his original world bringing something of value—a treasure or wisdom. This spirit of courageous encounter reveals to us the most meaningful way to live.

?? 2. The Religious Hero: The central figure in many faiths is on a hero's journey

At the core of many religions is the a hero, someone who endures great suffering and experiences a transformation, which allows them to brings back a teaching to save humanity. Three examples of this are Jesus, Buddha, and Native American Shamans.

? 3. Follow Your Bliss: Rather than conforming to society, do what makes you come alive

We are raised with certain social expectations, but they may lead us to unhappiness. Instead, Campbell says to “follow your bliss” and do what makes you come alive. This doesn't mean choosing the easy path, it usually involves self-sacrifice, inner reflection, reading great thinkers, meditation and prayer.

? 4. Becoming an Adult: Rituals helped people transition from childhood to adulthood to old age

Rituals used to guide people through life, but much of this is being lost with increased secularization. From initiation rituals that marked the entry point of adulthood, to hunting rituals that integrated one with nature, to marriage and other rituals that glued people together in relationships and community.

? 5. The Great Mystery: Symbolic language is a door to understanding unspeakable truths about life

We can understand myths better when we view them as speaking to us through symbolic language and images, not as a primitive form of science. Symbols such as: The Mother Goddess is the source of life, The Great Father is our culture, the serpent is life's eternal regeneration, and virgin births symbolize the emergence of higher human qualities like compassion.

? 6. Individualism and Love: A new, personal ideal of love in Medieval Europe caused many greater social changes

The modern ideal of love, showing deep personal connection, actually began with 12th century French poets called troubadours. They emphasized the validity of personal experience over following social norms, a theme later echoed in the King Arthur legends and the Protestant Reformation.

This is just a sample!

Learn faster and save time with Growth Summary, premium book summaries on business, self-help, and more. Listen to full-length audio summaries, take fun quizzes, and get personalized recommendations at GrowthSummary.com