

The Hero Within by Al Lewis

Welcome.

Some days I wake feeling strong, ambitious, powerful like a king and step into the world knowing exactly how I will mold it to my will.

Other days I wake without having the slightest idea about what the day will bring and enter it like a leaf on the wind blowing hither and thither.

Some days I am strong, some days I'm not. Some days I am creative, some days I'm not. Some days I am scholarly, some days I'm not.

At the center of my being, I have found, I am many persons; which hat I wear on any particular day depends largely on what I want to accomplish or not.

Among my personalities (for there are many) are the Sacred King, the Hero, the Warrior, the Trickster, the Magician and the Scholar: the protagonists of myth. Carl Jung, the noted psychologist, called these personalities Archetypes.

They are representations of energies or drives or forces that underlie human consciousness; they are inner events, emotions or feelings experienced by each of us at one time or another expressed or projected in a visual language of outer images that represent each energy, drive or force: thus the King or Queen, Hero, Warrior, Trickster, Magician and Scholar.

Myth, the literary repose of these

images, was the outcome of primitive man's attempt with his untutored mind to account for his universe and for his place within it. Now that we are discovering that the psyche is the "place of origination" of all such imagery we have realized that as the psyche develops and differentiates (with the help of science) fact from fiction, the substance of mythology becomes increasingly a matter of acknowledged fantasy; or at best, ideas that need not be attached to any belief system, religion, ritual or social practice. But the archetypal energies, drives and forces persist. Psychically, we and they are one.

How life originated is not known. How archetypal energies originated is not known. The point is that they exist as a fundamental part of human experience, and that we are better off for learning to recognize them and for coming to terms with them within the environment and culture within which we live.

Let's look at these few to see how coming to terms with their energies can aid our growth and development.

The Sacred King and Queen.

The Mediators of Life Itself.

The Sacred King and Queen are the mediators of the life force itself, possessing and giving fertility and

virility; they are the carriers of the power of authority, giving order and integrity to all things; they are the bearers of the aggressive might of the executive function, they chastise disorder and encourage obedience. The male and female qualities of the Sacred King and Queen are so intensely valued that they are experienced as divine (Sacred).

The Sacred King and Queen energy represent our divine nature: God within. Every one of us intuitively knows our real nature is divine (Sacred) and cannot be blemished.

Try insulting the lowest, depraved indigent you can find and see if you don't risk life and limb by doing so. "How dare you" or "Who are you to say that to Me!" might be the response before blows are thrown or rocks slung. We are all divine irrespective of our place in society.

The Sacred King or Queen, however, is sleeping in most people most of the time and can only be awakened by the choices they make. When a person has no goals, no intense desire, no focused ambition the King and Queen sleep. But when a person makes a choice to pursue a "Most Precious Thing" above all others the King and Queen awaken bringing forth the aggressive might of the executive function and all it implies.

A man or woman whose King or Queen is asleep doesn't know if he

or she has the right to decide, even, how to spend the day.

The Hero.
The Creative Power of Decision.

Heroes are decision makers: they make the jump, scale the mountain, risk life and liberty for the benefit of others. The Hero energy is about claiming the decision-making power, being conscious of the decisions you make, and accepting responsibility for them.

Decision-making is an essential part of human life; no matter what you do, you will always make decisions. The power to decide what to focus on, the power to decide what is important and the power to decide what you want to create are basic to the creative life.

The decisions you make about your work life are especially important, since most people spend more of their waking lives working than doing anything else. Your choices will affect not only yourself and those closest to you, but in some way the whole world.

The Warrior.
The Creative Power of Aggressive Action.

The Warrior energy is about fully embracing the aggressive power, being conscious of how you are channeling your aggressive energy, and accepting responsibility for how you use this power.

Aggressive energy is an essential part of human life; no matter what you do, you will always have aggressive energy. You can use it for good or for ill, or deny it altogether in a self-destructive self-abdication; nevertheless, aggressive energy will always be a part of your life.

The power to tap the vital pool of aggressive energy and the power to direct this energy towards the accomplishment of constructive purposes is basic to the creative life. It will take the disciplined and concentrated use of aggressive energy to accomplish your life's work.

The Trickster.
The Creative Power of Reflection and Insight.

The Trickster does not go with the flow, but usually reverses it as soon as he or she sees in what direction it is flowing. The Trickster, by questioning and by playing what might be called the Devil's advocate balances the King, the Hero and the Warrior.

The Magician.
The Creative Power of Imagination.

Imagination is an essential part of human life; no matter what you do, your imagination is operative. If imagination is not set to the task of building a creative life, it busies itself with weaving a web of inner fears and doubts, blame and excuse.

How well you use your imagination can be the difference between succeeding or failing in your work. The power to effectively and deliberately activate imagination, and the power to receive and interpret the spontaneous prompting of imagination are basic to the creative life.

The Magician energy is about embracing imaginative power, being conscious of what your imagination is doing in shaping and responding to the events of your life, and accepting responsibility for how you use this power.

The Scholar.
The Creative Power of Learning and Teaching.

Learning and teaching are essential to human life; no matter what you do, you will always be learning and teaching something. You can learn about sports or celebrity gossip, about what time various television shows come on, or you can learn about that which in some way makes your world a better place.

You can by your example teach about greed and indifference, or you can by example teach how we can all live together in healthy and beautiful ways. To succeed throughout your life you need to be a lifelong learner.

The Scholar energy is about claiming the learning/teaching power, being fully conscious of what you are learning and teaching, and fully accepting responsibility for how you use this power.

Iron John.
The Mediator or Mentor at the Center.

The structure or center comprising the male and female psyche is as firm as it ever was, but contemporary men and women have little help getting to it or in balancing their energies. Iron John helps them.

Within traditional mythology, fairy tales or legends, there exists a figure common to virtually all cultures around the world. That figure is Iron John. Sometimes called the Wild Man or the Hairy Man, he can be compared on the human plane to a mentor: a wise, loyal advisor, a teacher or coach.

True change and growth can only happen when we let go of our

mother's apron strings or our father's shirt tails; when we leave behind limiting partialities, biases, mental leanings or inclinations imposed upon us by family and friends, culture and environment, and mature into adulthood with an independent mind free of guilt and fear.

When we find and "Identify" with a real life Iron John, someone walking-the-walk and talking-the-talk relative to our dreams and ambitions, we can move along his or her path until we literally mimic or act out life like our mentor: boldly, courageously.

It lifts our spirit to see someone exalting theirs and we can walk in sync with their energy and power. We can walk in their footsteps. We can dress like them, talk like them, move like them, succeed like them.

Identification with a mentor blows the clouds of doubt away so that we can feel the pure brilliance of our purified self. Courage isn't something we gain, for we are never without it. Fear is something we lose.

Best Wishes.



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