



A Joseph Campbell Companion

Reflections on the Art of Living

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320 pages

The Big Ideas

Follow Your Bliss

Three very big words.

Excitement

Have fun not knowing.

Phone Call from God

Answer it.

Hero's Forest

Enter it.

Shedding Skin

Shed your skin! Or perish.

Crucify to Rise

You must die to the old if you want the new.

Omelets

Break some eggs.

Jump!

It's not that wide.

Say "Yes!!"

Go ahead. Say it.

Love Your Fate

It'll make you stronger.

Your Hair & Fire

Here's a match.

"So that's what destiny is: simply the fulfillment of the potentialities of the energies in your own system."

~ Joseph Campbell from *A Joseph Campbell Companion*

This book is a must-have.

I'll share a bunch of Big Ideas with you here, and won't even scratch the surface of this ridiculously densely-packed book of wisdom. Please get it now.

Joseph Campbell is one of the most incredible teachers I've ever seen. If you've watched the Bill Moyers PBS series, *The Power of Myth*, you know what I'm talking about—the glow in his 80+ year old eyes...the giddiness with which he talked about the spiritual truths. Simply amazing. (And, if you haven't watched that series yet, add it to your cart at Amazon when you get the book.)

Alright. I can get all misty-eyed and ramble, but let's just jump in and celebrate the man who brought us "*the hero's journey*" and the wise, wise words: "*Follow your bliss.*"

■ Follow Your Bliss

"Follow your bliss"

Those three words capture the message of Joseph Campbell—the amazing mythology guru and mentor to George Lucas who based much of Star Wars on the classic archetypal journeys Campbell documented.

It's rather simple.

Three words: 1. Follow. 2. Your. 3. Bliss.

Key words: "bliss" and "your." Not someone else's idea of your bliss. Not what you *think* should be your bliss. Not what you think would impress the crowd or appease the family.

YOUR bliss. What truly gets you giddy.

Oh yah, "follow" is kinda important as well. Get off your butt and go out there and follow your bliss!

(Pretty please. Thank you.)