



The Power of Myth

Joseph Campbell with Bill Moyers
(edited by Betty Sue Flowers)

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293 pages

The Big Ideas

Sat, Chit, Ananda

Follow your ananda!

Sit in a Room and Read

...and read and read!

Your Sacred Place

An absolute necessity.

Bless Me Father

For I have been great!

Do You Think I Can?

Got 10,000 hours in ya?

Amor Fati

Love your fate!

Being Helped

By hidden hands.

A Vital Person

Vitalizes.

Give Your Life

To something bigger than you!

“People say that what we’re all seeking is a meaning for life. I don’t think that’s what we’re really seeking. I think that what we’re seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances within our innermost being and reality, so that we actually feel the rapture of being alive.” ~ Joseph Campbell from *The Power of Myth*

Joseph Campbell. He’s amazing. In my spiritual family tree, I call him “Grandpa Joe.” (Right below Great-Grandpa Abe (Maslow). :)

Have you ever watched the DVDs of him chatting with Bill Moyers? He just *radiates* enthusiasm and bliss and wisdom and passion for life and for his work. Really inspiring. That interview series was called *The Power of Myth* and was filmed a short time before Campbell passed away in 1987.

In total, they filmed 24 (!!!) hours of discussion between Campbell and Moyers (who does a phenomenal job leading the interview). Only 6 magical hours wound up on the DVDs and this book, *The Power of Myth*, features some of the wisdom that wasn’t captured in the original DVDs. Really cool.

For those not yet familiar with Grandpa Joe, he was a mythology guru (mentored George Lucas--who based his “Star Wars” empire in large part on Campbell’s mythology studies) who coined the phrases “*Follow your bliss*” and “*The hero’s journey*.”

Seeing that it’s such a *huge* part of Campbell’s work (check out my Note on *A Joseph Campbell Companion* for even more Big Ideas, btw), let’s kick it off with a look at where Campbell came up the idea of “Following our bliss!” Then, we’ll look at some Big Ideas on how to actually do it! (Starting NOW! :)

■ Sat, Chit, Ananda

“Now, I came to this idea of bliss because in Sanskrit, which is the great spiritual language of the world, there are three terms that represent the brink, the jumping-off place to the ocean of transcendence: Sat, Chit, Ananda. The word “Sat” means being. “Chit” means consciousness. “Ananda” means bliss or rapture. I thought, “I don’t know whether my consciousness is proper consciousness or not; I don’t know whether what I know of my being is my proper being or not; but I do know where my rapture is. So let me hang on to rapture, and that will bring me both my consciousness and my being.” I think it worked.”