

Hero's Journey  
The Sword from the Stone  
*Mastering the One Hand Overhead Press*

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*“There he goes. One of God's own prototypes. Some kind of high powered mutant never even considered for mass production. Too weird to live, and too rare to die.”*

*-Hunter S. Thompson*

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## Introduction

*“A hero ventures forth from the world of common day into a region of supernatural wonder: fabulous forces are there encountered and a decisive victory is won: the hero comes back from this mysterious adventure with the power to bestow boons on his fellow man”.*

*–Joseph Campbell*

This book will take you on a journey... a hero's journey.

A sojourn to a place few have been and even fewer could find their way back from. A Shangri-La deep in your psyche, shrouded in the heavy fog of scattered thoughts, unfocused intent and the surface level awareness of modern consciousness. A hidden realm where heroic archetypes beckon you to step forward and realize your greatest potential.

Few will heed this call.

Most can't even hear it. The greater part of humanity is in a trance state, sleepwalking through life. Many among you who have heard this summons will do your best to ignore it, to drown it out with superficial distractions or denial.

However, if you have heard and are ready to heed this call to action this book will serve as a road map to your hero's journey.

The hero's journey is a true initiation. It will not be easy, nor should it. You will encounter mental and physical obstacles. You will be tested. You will find every conceivable reason to quit; but if you endure, you will have earned the right to say with complete certainty, “I know who I am and I can accomplish anything I desire.” This is a rare statement for any age and more so in this modern era.

By engaging the hero's journey you challenge the beliefs and perceptions you hold true about yourself and perhaps challenge the views others hold about you as well.

The hero's journey is an expedition into the very center of you. Somewhere in that vast, uncharted wilderness of your mind you will be relentlessly stalked by your own self limitations.

Should you persist, you will eventually come to the conclusion that in order to continue you need to identify and leave behind the parts of you that no longer serve you and simply weigh you down.

On the hero's journey you will come face to face with your personal demons. These are the fiends you employed to maintain your personal hell; the dragons of your dark psychic forest. They guard the gate to your higher self. To pass you must confront and appease the gatekeepers.

Offer up your old modalities and your faulty belief systems to the altar of self-sacrifice as tribute and finally be rid of the biggest obstacle between success and failure -- the *old you*.

By way of the hero's journey you will discover that it's not until you lose yourself that you stumble across who you really are. Only then can you accomplish the mighty task placed before you and return a hero.

The hero's journey is not simply a story based in mythology. It is quite literally *your* story. The hero's journey propels you toward not only a spiritual and mental adventure but a physical one as well.

This unification of mental, spiritual and physical components manifests the journey into a type of holistic initiation that marks permanent change within the many layers of your consciousness.

For this to happen the hero's journey must contain demanding physical and spiritual rites of passage. Passages marked with puddles of sweat, streams of tears and even drops of blood.

These are the alchemical ingredients of mind, body and spirit - the great elixir, the potion of transmutation from a mundane life to a heroic destiny.

You are about to cast yourself in the lead role of the greatest story you have yet known; the story of *you* and *your* heroic evolution.

*Are you ready?*

### **Gender, Racial Heritage, and Spiritual Backgrounds**

This hero's journey revolves around the central theme of the sword and the stone mythology. At first glance it might appear this is a masculine-based program. However, that is untrue. There are powerful feminine archetypes contained in this program, which are vital components.

The lady of the lake is essential to the restoration of the King (or Queen) to wholeness. The stone from which the sword must be pulled is feminine, representing the "keeper of sovereignty". The Celtic Goddesses are largely attributed with sovereignty over the land and its people.

This being the case, the material presented in this book will benefit men and woman alike.

The sword and the stone mythology is of course from Celtic and Arthurian sources; but due to its universal symbolism this program will work for anyone, of any racial heritage or religious background, who studies the iconography and makes a sincere commitment to the process.

# **Chapter 1**

## ***Introduction to the Archetypal Powers***

### **King Arthur**

*“He that can work is born to be king of something”.*  
*-Thomas Carlyle*

Arthur is very likely a collaboration of ancient Celtic chieftains and war heroes whose deeds elevated them to a semi-divine status among their own clans.

These figures became assimilated into a mythical persona, a type of clan-o-centric champion who seeded various hero veneration cults throughout the Celtic lands and beyond.

The hero veneration of Arthur served to establish a guideline of moral and ethical behavior for young, impulsive warriors to conduct themselves by.

The tales of Arthur’s heroism was catalysis to inspire not only acts of bravery and courage in battle, but also repelling invaders and bringing honor to courageous warriors and their clan.

In effect the Celtic warrior would ask, “What Would Arthur Do” in this situation? By answering that question the Celtic warrior would know how to proceed...heroically.

The name “Arthur” has animism ties to the mighty cave bear. Arthur has been translated to mean “bear man” or “man who is like a bear”.

The bear is known the world over for its great strength and ferocity. Further observation reveals the bear’s fearlessness in protecting its young and a bear’s cave denotes a sense of clan or family.

It’s little wonder why the bear, with its strength and connections to defense of family, was adopted by ancient clans and warrior societies for totemic focus and spiritual reverence.

Call it educated speculation, but the name Arthur may have once been an honorary title bestowed on worthy chieftains and warriors who embodied those bearish attributes through their deeds.

Like the “title belt” of modern-day prize fighters, the title “Arthur” may have been a hotly contested one. The bearer needed to stay ready to defend this title against any number of would-be challengers, sharpening their skills to come and take it.

This fierce competition would breed strong warriors and promote proud champions who could defend and lead their clans.

Arthurian veneration was so deeply rooted in the psyche of the collective Celtic consciousness that the invading missionaries had no hope of eradicating it. In a bait and switch maneuver, the tales of Arthur became Christianized in an effort to ease transitions from the folk religions to Christendom.

In these incarnations the Arthurian myth loses nearly all its potency as a transpersonal process of *becoming* Arthur by *internalizing* the story, thereby living a life worthy of the title Arthur.

Instead Christianity plagiarized and *externalized* Arthur. The result being a divorce from merging with the character and instead instituting a sense of dependency on an outside savior or “chosen one” -- one so perfect and pure that no one could ever hope to emulate him.

It is imperative to reconsider the Arthurian stories. Not just as entertaining *myths* that might contain some fable, but as social modalities and functional archetypes for everyone to embody.

While the story within the myth differs slightly from source to source, the main themes remain.

Firstly, Arthur is mentored by a seer, a spiritual psycho-pomp who acts as a conduit between the *worlds*; a bridge between physical and spiritual realities, helping navigate Arthur through his early life and initiating him through various rites of passage in the worlds both seen and unseen.

Arthur is destined to be a great leader among his people, provided he passes the necessary trials and provides proof positive he is worthy of such a position.

Most notably is Arthur’s claiming of the sword.

The sword is the symbol of his virility, his ability to discern the wants and needs of his people and his duty to discriminate between what will best serve them and what will not.

As king, Arthur is expected to serve his people and do so in a way that is in *their* best interests; not what is easiest or best suited to Arthur’s needs.

The same will be asked of anyone who treads in his footsteps.

While you may not serve in the traditional role of a King or Queen, you play a vital and necessary role within your own community.

A strong community means more support for you, a stronger family, closer friends and prosperity to all who join in and contribute to its making.

All it takes is someone to stand up and promote such an idea...

If that person isn’t you, then who will it be?

## The Sword of Power

*“The world continues to offer glittering prizes  
to those who have stout hearts and sharp swords”.*  
-F.E. Smith

The sword is either the impetus of freedom or the vehicle of tyranny.

Freemen own swords, slaves do not.

The sword cuts both ways with no moral preference. To wield the sword means you have the aptitude to use it for whatever means match your alignment.

The sword is creative power, crystallized. The wielder decides where and how that power will be applied.

Often times that power has been directed to cause such suffering that humanity will forever bear a deep, ugly scar.

Once in a while the sword is used to defend life, sever the binds of extortion and cut down villainous people, regimes and ideologies.

When the ideal of peace and prosperity gives way to prevailing injustice and fewer are willing to stand in opposition to tyranny, the masses once again fall into complacency.

Forgotten are the struggles of their forbears and once more corruption quietly slithers its dark tentacles around the body of an unaware humanity -- disguised as the *loving arms* of social reform and security.

There is a reason feudal rulers outlawed a serf from owning a sword.

Sword ownership implies that you have the ability to not only disagree with the edicts of a King or Queen, but worse yet, you could openly contest, as opposed to standing idly by while your rightfully property is pilfered.

Skill in the sword means you don't rely on a King or Queen for protection from roving bandits or thugs in the night, who might serve as soldiers to the crown by day.

The sword is the power to actively engage life, to think independently and be the master of your own destiny.

Why would you subject yourself or pay tribute to a King or Queen if you were sovereign unto yourself and had the ability to effectively defend yourself and your loved ones?

How much easier is it to control and exploit a population when they are devoid of any means of fighting back?

A serf who owns a sword is no longer a serf... he or she is now a free-thinking, independent human being.

Serfs don't need to be independent thinkers; they do as they are told.

Independent and creative people are not content with status quo and rarely submit to a job for 30-40 years, expecting little in return for their hard work and dedication.

People such as these use jobs as stepping stones. Preferring action to idle talk, relentlessly engaging life on their own terms and, in this way, manifest their dreams.

They discover new and innovative ways to kindle the fires of the mind and inspire others to greater heights.

These people make it extremely difficult for *the haves* to keep the *have-nots* in their place.

The sword really is just an ideal manifested in physical form.

The real power behind the sword lies in the strength of the arm. The arm, then, is guided by the desires and will of mind.

Strength implies you have choices and choices are power. You can more effectively participate in the game of life when you have a little muscle to back up your moves upon the grand chessboard.

People respect strength -- the firmness of your handshake, the way you carry yourself in a crowd, how you handle yourself in a confrontation or debate. These are all indicators of the strength you possess.

The more strength and the more confidence you have, the more value you will incur. The stronger your sword arm, the more effectively you can employ your sword.

With the sword you can exercise what is termed "discernment and discrimination".

Discernment means to exhibit good judgment.

Consider the people you keep company with and the current circumstances of your life.

Are you where you want to be? Or are you hindering your own progress?



What about the people around you? Are they harmful or helpful to you?

Discrimination is to draw a line in the sand between yourself and all that you discern is harmful and destructive to your life.

You have the choice to cut yourself free from the people, circumstances and even elements about yourself that serve no other purpose than to rob you of your time, effort and energy.

With a sword you also have the right to defend your own set boundaries and hold your ground, be it with words or actions.

It is an unfortunate fact of our reality that there exists a portion of the population who feel falsely entitled to what others have.

The sword reminds them that they need to stay their hand or run the risk of having it swiftly hewn.

This concept can be found throughout the natural world as fangs, horns, claws, thorns, etc.

### **The Stone of Destiny**

*“Effort only fully releases its reward after a person refuses to quit.”  
- Napoleon Hill*

Entombed deep within the saturnine forces and stony, restrictive confines of physical manifestation is your destiny; a destiny held in a temporal stasis, waiting for you to release it.

This eternal monolith will maintain its mighty grip on you until you bring to bear an opposing force of will sufficient to rip it free.

The stone represents any and all blockades standing between you and your goals.

In a very esoteric sense, the stone represents both physically tangible barriers and the ephemeral nature of purely social constraints.

Obstacles are rarely, if ever, placed to halt progress. Rather, they are erected for the simple purpose of testing one's will and drive to succeed.

The stone is the testing phase and proving ground.

You can have anything in this world that you want. The real question is, are you willing to put in the work to pay for it?

Strength of any variety is built in struggle and forged in conflict.

Life is engagement, discourse and strife. Anything else is denial and false entitlement.

How else do you learn what you want unless you experience what you don't? How else do you get stronger without pushing back against encroachment?

If peace and prosperity is your aim, then don't delude yourself into thinking you won't have to come face to face with the opposing forces of both your inner and outer worlds.

*Anything worth having is worth toiling for.*

While your sword is your creative potential, your destiny lodged into granite, it remains largely a faculty of the imagination.

The purpose of the stone is to epitomize what is *real* and reflective of your prior efforts.

The stone offers a hard look into your current situation. What have you conjured into existence by your past actions, or inactions?

The stone can be thought of as your cruelest keeper or your greatest liberator.

You can either see the stone as a limiting force in your life or the power base for your personal expansion.

The truth is for as much effort as you put into wearing down the stone, you are also chipping away the outdated parts of yourself and paving the way to claim your destiny.

The stone is symbolic of Saturn.

Saturn is the keeper of time and space, the two most prominent forces that make up the structure of physical reality. These forces propel schedules, time frames, routines and limit cycles and boundaries by which all order within the universe is set.

The stone then allows a glimpse into how wisely or unwisely you use the time and space available to you.

Do you squander your time and clutter your space? Or do you effectively manage the minutes and hours of your day and use your space to elevate yourself to a higher station?

It is worthwhile to spend some time meditating on that question.

We are all creatures of habit and our habits build our reality. Change your habits and your reality reforms to meet these alterations.

You are invited to begin putting those aforementioned saturnine qualities of the stone to work for you.

The stone serves as the structure for your training regimen -- the number of reps performed, the rest time between workouts, the boundaries you set to prevent overtraining and the milestones that mark your progress.

It is the nature of the stone, however, that will also give rise to the many, varied obstacles on your hero's journey.

The stone will target your self-worth and challenge your ego. Likewise, the stone will also aid you in making excuses as to why you can't train or shouldn't follow the program.

Lastly, the earthy stone provides the weighty resistance necessary to fully realize the mind-body-spirit connection, essential for coalescence with your own inner hero.

No one said it would be easy. Nothing worth having ever is.

Whether it's Arthur straining to pull the sword free and claim his Kingship or the Greek hero Theseus pitting his muscles against a massive stone, it is time under tension, a rigid training protocol and repeatedly testing of yourself against resistance where you discover the truth about who you are and who you could be.

The stone of destiny will either crush you beneath its elephantine implications and snuff out your potential, or you will use its poundage to build a stronger body and spirit, akin to the heroes of myth and legend.

The choice is yours...choose wisely.

## **The Lady of the Lake**

*"Healing takes courage, and we all have courage, even if we have to dig a little to find it".*  
*-Tori Amos*

The feeling is palpable; an eerie stillness, a lake cloaked in an ominous mist, the creeping feeling of wonder and dread provoked by the reflection of pale moonlight carried on the brackish surface of a lonely loch on a dark night.

As you feel the waters stir, some hidden place deep within you churns in response.

You can feel her. She is there, waiting for you beneath the surface.

The Lady of the Lake swims the undercurrents of our awareness, navigating the subterranean waterways of our collective psyche.

For the early Celts, nothing represented the idea of the subconscious mind more than a lake.

In still waters they gazed into their own image, wondering how deep this lake goes and what strange beasts of lore might swim its depths; only to suddenly realize they weren't just pondering the lake, but the unexplored depths of their very souls.

The Lady of the Lake is iconic and elusive. She transcends all description and categorization, which is both frightening and alluring to our rational minds.

A woman is a mysterious and fickle creature; her emotions powerful, but well hidden.

Unlike a man, who is more likely to explode in anger, roar with passion and wear his heart on his sleeve, a woman plots and devises intricate schemes. She conceals her emotions, her intentions and her arousals.

Her charm can be disarming and her warmth enchanting. But like the mythic lore of the siren, men have, for centuries, spun tales of caution about unsuspecting adventurers and sailors being enticed to a watery death by the mystical beauty of feminine charm.

The Lady of the Lake is the personification of still, murky waters. She is an obscure figure inhabiting the abysmal, esoteric depths; an otherworldly voice from the great unknown and an unseen presence staring up at you from beyond the veil.

Those that approach, do so at their own peril.

Like any woman, she is capable of incredible nurturing.

For as much fear and mystery that surrounds Celtic stories concerning lakes and ponds, there is just as many promoting their amazing healing properties.

The Lady of the Lake is at the wellspring of those tales.

It is futile to hide anything from the Lady of the Lake. Her watery qualities reflect everything about you, from your surface level to the very depths of your soul.

Lying to her is tantamount to lying to yourself. She feels your pains, sees your broken parts and knows exactly how you acquired them all.

True healing can be more painful than the original wounding.

The modern new-age movement is still too enamored with its infantile grandeurs to grasp this concept and the Lady of the Lake is too ancient and set in her ways to change. It is the task of the new-age to grow up.

Essential to Arthurian myth, this fair lady restores the damaged sword to wholeness when Arthur breaks his oaths and shatters the sword, signifying his abuse of power.

*With much power comes much responsibility.*

While Arthur proved himself worthy of wielding the power contained in the sword, he is bound by the consequences of its use or misuse, as we all are.

The sword is a privilege; a powerful tool that can take life in order to defend life. It is granted only to those who prove themselves worthy, a privilege to whom everyone has the right to earn.

The sword represents health, honor, virility and dignity. To rightfully rule, a king or queen needs to be complete and healed; whole.

To claim your destiny and become sovereign you will have to prove your worth through effort. In order to do that you must first, and continuously, seek to be restored to wholeness.

We all carry injuries and we are all broken in some respect.

These hurts can nag us for a lifetime, if left untended.

Physical injuries carry psychological scars that remain long after the body heals. More times than not, it is the emotional bruising that causes the most pain and never fully heals.

Traumas create weakness in our body and soul, which prevent us from feeling complete. These voids within us are typically filled with self-loathing and shame.

Such languor can be cancerous...figuratively and literally.

We have all committed offenses. This is not to be seen from a dogmatic viewpoint, but in a real sense of right and wrong.

We are not meant to carry guilt and shame forever.

No matter what we did, we are meant to eventually learn from it and strive to make amends.

There is a stark difference between atonement and self-inflicted punishment.

Atonement has a purpose. It serves to meet an end, to resolve and achieve reconciliation. This brings healing and closure. People are free to then move on with their lives.

Self-inflicted punishment offers only prolonged and unnecessary misery that putrefies and further corrupts.

This leaves you vulnerable and easily twisted by evil and unbalanced influences.

The Lady of the Lake is a perfect mirror for self-examination.

She is honest; not curt or unmercifully critical.

The Lady of the Lake offers redemption. She will labor to restore you and repair your sword; but never for free. If she did, you would learn nothing from your missteps and would likely repeat them.

If you have the courage to approach honestly, to expose your vulnerabilities and accept that true healing is painful, then she will restore you to purity -- mind and spirit.

Kings and queens, as sovereigns, have a duty to themselves and to the people they influence. A duty to be honest with themselves about what they have done to others and what has been done to them.

It is the job of every king or queen to right wrongs, bring themselves back into harmony and restore righteous order to their kingdoms.

If Arthur is sunshine upon your face, sweat equity, the trial of fire to prove both merit and worth, the forge that heats the metal in preparation for being hammered into shape, slag draining from the steel and the breaking down of the old; the Lady of the Lake is then the moon under which you dream, tears of emotional release, purifying waters of baptism, the cleansing bath that tempers the blade and the healing force that nurtures the new.

## Chapter 2 *To be King or Queen*

*“If the king (queen) is pious, the subjects become so; but if the king (queen) is vicious, the subjects become the same. If he/she be indifferent to both (virtue and vice), then they too bear the same character. In short, as is the king (queen) so are his (her) subjects”.*

*-CHANAKYA, Vridda-Chanakya*

If there indeed exists a purpose in freeing your creative potential from the constraints of a limited belief system, that purpose ought to be claiming your inalienable right to self-mastery.

The notion that you can govern your own destiny, be captain of your own ship and lay in a course of your own choosing is only radical in a society of people who have cast away their individual liberties.

You alone are the king or queen over your own life; the micro-cosmic realm to which you are the one and only rightful ruler.

It must be stressed that stepping up into this role comes with its own consequences. But like all things worth having, namely power and freedom, the repercussions are worth it.

As king or queen of your own life you are in a position to perceive situations in a new light. No longer are you a victim of random happenstance.

You are not at the mercy of outside forces. You no longer sacrifice your freedom to an external force promising security, but becoming more of a danger than the original threat. You have power and that power affords you options.

A truly miraculous thing happens when a human being pulls themselves free from the limiting, often artificially-manufactured nature of social order.

They become an *outsider*, of sorts.

These people still operate within the context of the world as we know it, but do so in a way that is *more awake* and *more aware* to just how much their applied, sustained thoughts and actions affect the world around them.

They possess a certain type of leverage that others don't and they tend to get what they want.

Understanding this wisdom is what separates kings and queens from paupers. Those who make life happen as opposed to those whom life merely happens to.

Most see life as a mundane experience, living day-to-day and paycheck-to-paycheck. They *hope* that something or someone will come and break up the monotony of an existence that grows increasingly stagnant as the years crawl by.

These people scoff at the idea that thoughts have power and dreams matter. But don't judge them too harshly. They are a byproduct of generations of disinformation and social conditioning.

There exists a small percentile of the human population that has purposely devalued the truth that *a man (or woman) is what he (she) thinks himself (herself) to be.*

This small percentile benefits from having a gigantic, dulled-down force of worker drones to toil in their cooperating corporations. The average member of this work force views the world and its events as separate and unrelated; never seeing just how intimately interconnected and intertwined these corporations and their owners really are.

The average worker drone simply cannot fathom the amount of power and worldwide influence this small percentile wields, behind the veil of *government authority.*

As a king or queen, you will begin to recognize patterns of events in conjunction with the rise and fall of profit margins.

You will become a player on the field. As opposed to a helpless spectator who is mostly unsure of the rules of the game or worse, unaware that a game with serious consequences is even being played.

You are no longer a slave to the daily grind.

Sure you still work. However, you work not just for a paycheck but to manifest your higher aspirations. You doggedly chase down your dreams and nip at its heels. Your labor and your sweat go beyond just the day-to-day, for it serves a purpose with a measurable goal.

Pulling the sword from the stone signifies that you want more and *are* more than a pre-conditioned bio-automaton, doing only as it is told to do and wanting only what it is told to want. Buying, consuming or valuing only what it is told to buy, consume or value.

You declare yourself independent of the flock.

You begin to see how to use the tools that *the system* provides to you as a way to start adding to your own life and prosperity.

With the sword and the authority to use it you can truly cut yourself free from binds of mental, spiritual and physical slavery. Not only that, you can establish, maintain and protect the boundaries you set for yourself and those of your loved ones.



Hold fast to that sword because you will need it.

There is the chance that you will no longer be recognized as just another face in a sea of faces or just another voice in the collective hum-drum of the giant machine.

You may find yourself the focus of admiration and attention for rising to a new level of consciousness. Or you may find that you are a target for resentment and jealousy; for how dare you disrupt societal norm, gain strength and manifest your dreams when many among the masses are content with status quo.

Worse still is when the few individuals who understand *the game*, and enjoy keeping others unaware of its true nature, see you as a direct threat to their position.

These are the times when not only the power of your sword arm, but also the strength of your convictions will be needed most.

Misery loves company and there is no shortage of miserable people who are unable to forgive themselves. For they have abandoned their hopes and desires and they hate nothing more than watching people succeed; not where they failed, but where they decided to quit.

*There is no failure; there is only your decision to stop attempting.*

When you stand strong and sovereign, you serve as a reminder of what is possible when the physical body is in alignment with higher aspirations. For a life lived in this manner is done so in accordance with divine will.

You set an example for others to follow.

You give subconscious permission to others that if you can do it they can too.

Beware of the axiom “heavy is the head that wears the crown”.

True sovereignty means you wear the crown as ruler over your own life and wield the sword of power. You accept responsibility over all aspects of your life.

In the old Celtic traditions the king’s life force was magically married to the land.

When the king was strong, healthy and virile, the land reflected that. Likewise, if the king fell ill, became injured, or impotent, the land began to mirror the king’s state of affairs.

The king was expected to accept responsibility and do what he needed to do to set things right and restore himself and his land to wholeness.

The king or queen is the face of his or her people.

Traditionally, they spoke for the people and because of this were expected to listen closely to what the people had to say. The oath of rulership means protecting the livelihood of the people and defending the values of the kingdom, at all costs, up to and including going to war.

The hero's journey is first and foremost an alchemical transformation, wherein, you become king or queen of your subjects and your land, which equates to you and your life.

You now must re-establish your rightful place as ruler, restore order to your kingdom, repel unwelcome forces and work tirelessly for continued peace and prosperity throughout your land.

Pulling the sword establishes you as the rightful ruler of your kingdom. However, it is in how you will apply what the sword represents that will determine the kind of king or queen you are.

Will you be seen as a strong, wise and benevolent ruler? Or will you prove to be a thuggish despot who resorts to being a bully or a scheming manipulator?

It is up to you to keep yourself strong and maintain your health and vitality.

Your physical body is like a rampart and represents how contained and fortified your spiritual energy is. If those walls are crumbling and weak, then disease and depression will soon take up residence within.

It is of great importance that you take your health and strength seriously.

Thought and action are said to be brothers. Both your mind and your body need to be strong and up to the task.

*“The kingdom of heaven (spirit) can only be built with hands of flesh”.*

This implies that until you labor to produce what is in line with *your* higher will, all that you desire remains in the realm of unrealized fancy.

It takes a strong body to manifest big dreams and a powerful spirit to see it through.

## **Chapter 3**

### ***The Importance of Victory***

*“Be ashamed to die until you have won some victory for mankind”  
- Horace Mann*

Victory is more than just achieving your goal. Victories need to be acknowledged and celebrated.

You deserve to have noteworthy accomplishments praised. Celebration not only affirms your deeds, but also encourages you to perform greater ones.

Just as importantly, celebration inspires others to attain their own victories.

To celebrate victory is to excitedly welcome progress and show due admiration for effort and time well spent.

This is not an easy rite of passage, but will keep you going, keep you committed and help see you through.

There will be many stumbling blocks on your journey -- personal, societal and just plain, as of yet, unknown reasons for you not to complete your journey.

Are these reasons valid enough to keep you from releasing your greatest potential?

In my humble opinion nothing is more valid than becoming better and more capable.

The *spirit* of Arthur will always want to celebrate your victories with you. He will encourage you to seek like-minded people to celebrate with, your triumphs and theirs.

The hero's journey is a process that should be shared and communities built around it.-

You will find that inviting this energy into your life revitalizes your spirit, rejuvenates your body and keeps you active, feisty and daring.

What is wrong with ambition and wanting to experience success? What is wrong with being driven and setting off to achieve greater heights, chasing down our dreams and having our own personal heroic evolutions?

Whatever happened to discovering courage and commanding your own destiny?

Why has ferrying forth and enduring hardship to overcome obstacles become something people pay lip service to, but frown on when someone actually sets out to do it?

Why have we become a society that seems to favor austerity over acquiring wealth and quiet suffering over the roar of victory or rebellion?

Is it greedy to want more?

Is it wrong to enjoy success?

Selfishness is *not* about taking, but in truth, about not giving back for what you took.

You can have anything you want if you work to pay for it and do so fairly. Therein lies the problem.

Too many people are willing to lie, cheat and steal their way to undeserved and hollow victories, rather than succeed on their own merits. This is readily apparent to anyone who is even marginally awake.

It can be speculated that certain specialized groups prefer to see the masses conditioned to lack ambition, to lack ingenuity, to be creatively deficient. To perceive anything more than minor success as distasteful, for fear of not being “*humble*”.

An un-willful and docile herd is more easily managed by those wishing to control society and the conditions within which the masses operate.

*If you are not allowed to taste the sweetness of victory you will become indifferent to the bitterness of defeat.*

When you start seeing victory and success as worthwhile, spiritual virtues to cultivate within yourself, there is an increase in the amount of adventure and excitement in your life.

As your life accumulates merit, a newfound zest and passion take hold. You discover a richness in your intrinsic value and you refuse to sell yourself short.

By regularly challenging yourself and overcoming odds, you increase your confidence and therefore the wealth of your experiences and the lives of the people you touch.

By understanding your real worth you start to see the value in others. You can't help but encourage others to sprint headlong toward greater and more fulfilling destinies.

## **Chapter 4**

***Works and NOT grace is the heart and soul of progressive strength training.***

*“Every day do something that will inch you closer to a better tomorrow”.*

*- Doug Firebaugh*

This is *not* a bodybuilding program, but rather a true strength building program.

The heroes and warriors of yesteryear were not body builders. They were stout, imposing champions of their clans. They hardwired the kind of physical and mental grit into their bodies that our modern day bodybuilders and athletes can't hold a candle to.

Men and women of this caliber didn't go to air-conditioned gyms to do some lat pull downs then look at themselves in the mirror.

They lifted enormous rocks, carried heavy anvils up hills, pulled plows, pulled chains apart link by link and practiced bending iron bars by hand.

They kept it simple and so should you.

Want to get strong? Lift something heavy until it's easy, then find something heavier and repeat the process, ad nauseam.

This is the very heart and soul of true progressive strength training.

Contrary to mainstream myth, young Arthur did not just one day pull the sword from the stone.

The story of Theseus, who spent his formative years heaving against a massive granite slab to one day discover a sword which revealed the identity of his father, in many ways parallels Arthur's ordeal.

Young Arthur struggled to pull the sword free from its stony grasp until he collapsed from exhaustion.

His hands gripped the sword's hilt so tightly that blood dribbled out from beneath his fingernails. The packed earth beneath Arthur's feet hardened into rock and cracked.

Arthur's trial to pull the sword from the stone lasted not days, weeks or even months, but years.

Arthur was *not* the “chosen one”, there are *no* “chosen ones”. There are only those who commit themselves to the attainment of their potential and those who will not.

Arthur was not elevated to King through grace. Arthur earned the right to claim the sword through self-sacrifice and an unstoppable will.

The same is true for you.

Your hero's journey is the rock you will test yourself against, over and over again, until all that remains is your divine self, your inner hero -- realized and embodied with sword in hand.

*"If you want to fight your dreams... you first need to roll up your sleeves".*

## **Chapter 5**

### ***The one hand overhead press***

*“Concentration is the secret of strength”.*  
*-Ralph Waldo Emerson*

The measure of a person’s strength can be determined in a myriad of ways. However, there is something deeply stirring, even primordial, about seeing someone lift a formidable weight from the ground and press it over their head. As if it’s genetically encoded within us to revere such displays of pure strength and physical mastery.

Many of the great performing strongmen and strongwomen of past and present agree that a true test of strength is what one can hoist off the ground and solidly press overhead with one hand.

The one hand overhead press is a serious *full body* exercise. Every muscle in the body is activated in a powerful kinetic chain of movement, forged will and functional strength.

Men will develop muscular density akin to the limbs of a twisted oak. Women will get strong, lean cable-like muscles that will retain and enhance their femininity.

So what exactly is the one hand overhead press?

It is a simple exercise, but by no means an easy one.

Begin by squatting, like sitting in a chair, with your back straight.

With one hand, seize the handle of the weight (or use one of the variants) and smoothly clean it to your shoulder. -- utilizing a stranglehold-like grip.

Contract the muscles in your entire body. Starting with your legs, continue up to your butt, core, back, chest, shoulders and pressing arm.

Press the weight over head until your arm is straight and your elbow is locked out. In a controlled fashion, lower the weight back to your shoulder.

Repeat until you have completed the desired number of reps or you have reached your limit and need to return the weight down to the ground.

To practice the one hand overhead press all you require is a dumbbell or kettlebell. No gym or special room is needed.

In truth this exercise is probably best practiced outside in nature; absorbing the sunlight, breathing the fresh air, and attuning to the seasonal changes.

In addition to the minimum equipment and space needed, there are other factors that make the one hand overhead press a grand choice of exercise.

Namely this exercise is among the safest you can perform. The human body is structurally designed to pick up weight and support it overhead.

Also, as this is a full body exercise and not an isolated muscle movement, you have the added benefit of the entire body supporting the weight and engaged in pressing it -- not a small targeted muscle group that has the tendency to become fatigued easily and get injured through over-use.

Lastly, the one hand overhead press does *not* require a spotter.

If you can't press the weight, you are simply not in danger of dropping it on your head.

Unlike the bench press where, unless you have a cage with safety bars or a spotter, you run the risk of being caught under the bar.

Not only is the one hand overhead press one of the safest exercises available, it is among the most result-producing and functional in existence.

Picking up weight and then pressing it is a complete exercise which intertwines two opposite but complimentary movements -- *lift and press* or *pull and push*.

Heavy focus on these two forces not only builds tremendous power for handling nearly every situation you might encounter, but also primes the body and mind for any specialized type of training you might wish to engage in at a later date.

These forces encompass the entirety of the body

There is virtually no aspect of life which doesn't contain one of the two and often both. This one exercise is a cornerstone; par-excellence for your personal kingdom yet to come.

### **Why 150lbs?**

*“If a man's dreams don't exceed his grasp then what are the heavens for?”*

You might be wondering why 150lbs is the goal, right?

Is this perhaps just some arbitrary number?

The answer is no.



The 150lb milestone serves a definitive purpose and the reasons for such are time tested and honored ones.

Firstly, the awesome act of pressing 150lbs over your head in one hand graduates you into a class with very few peers. There are an uncommon number of men and even fewer women who can muster 70lb or 80lb overhead presses.

There also exists the rare individual who can eke out a 100lb press. This is noteworthy, but your focus isn't on attaining to the uncommon or even rare.

Your focus, your journey is one of *heroic greatness* and your deeds should be *epic*! The one hand overhead press with 150lbs is without question...epic!

A one hand overhead press with 150lbs was considered a sure-sign of true strength among the master strongmen and strongwomen of the late 1800s.

This was *the* goal for many such aspirants and was considered irrefutable proof that they had entered into the upper echelon of physical culture.

Such a feat might still be extolled today if anyone still considered it possible.

In our modern day, dumbbells of such mighty stature are scarcely believed to exist. They are the iron-forged equivalent of the elusive Loch Ness monster.

These behemoth dumbbells are all but relics of a bygone era when men and women sought to become superhuman on the merits of the unyielding belief in themselves and their own blood, sweat, and tears.

In our current age, belief in self has been supplanted by belief in chemical supplements and diligent effort is wasted on finding short cuts. Yet, the slumber of those giant dumbbells goes on undisturbed.

Something isn't adding up.

If those chemical supplements actually worked and the "short cuts" to strength training truly lead anywhere, then 150lbs should be considered *play weight* by now.

This is simply not the case, though.

You should accept no substitutions for hard work and determination. You will get out exactly what you put in...and rightly so.

The idea of 150lbs should scare you a little. The number is meant to seem staggering and maybe slightly appalling. The shock helps you better imagine yourself attempting to lift that weight in more vivid color.

Could such a feat be achieved?

In truth, only you can answer that. However, with great determination follow great deeds.

150lbs is hard, but it's fair. Because this amount of weight is such that most cannot just go and pick it up, let alone press it over head.

Unlike money, the type of strength required to finish your hero's journey is only available through honest hard work, dedication and heaps of effort.

The hero's journey, while certainly a rough road, is on a level playing field.

Genetic makeup is certainly a sign post for potential. However, there is an entire world full of people with vast amounts of potential and no shortage of unrealized dreams.

It is determination, grit and spit which will beat out genetic potential any day.

Like any tool, potential will gather dust until it's put to use.

The hero's journey needs to test you beyond your perceived limitations and establish that you are forever just scratching at the surface of your capabilities.

You are infinite in possibility.

The purpose of this initiation's task is to make you second guess your abilities, to provide a tape by which you can discover your real measure and examine and re-examine the value you place on yourself.

A difficult work, but without such focus and perseverance, could one rightfully claim the title King or Queen over their own sovereignty?

This initiation, its tasks and the truths it reveals is daunting enough to make some scurry away and, at the same time, haunt the thoughts and dreams of those brave souls that will stand on the edge of a rocky precipice and leap forward into an unknown abyss, into the waiting arms of a life changing transformation.

The 150lb goal is a wondrous blend of frightening and fascinating, both the wyvern that must be slain and the treasure worth questing for.

May this become a culminating event in your life; your own saga etched into the great stone megalith of memory, a grand verse within your own bard's song. One of the heroic tales you share among family, friends and drinks in your great hall.

A task that sets you apart from all others...*Are you ready?*

## **Chapter 6**

### ***Finding your starting point***

*"Do not despise the bottom rungs in the ascent to greatness."  
-Publilius Syrus*

This book was written for both the beginner and the advanced physical culturist. Regardless if you have never exercised in your life or if you engage in exercise on a regular basis, you will find this course offers a great deal of material to work and grow with.

Most will begin this course at level 1, while others may begin at the 8<sup>th</sup> or 9<sup>th</sup> level. Either way, you will find serious challenges and rewards ahead of you.

Many come close to their goals, enduring great distances, only to stop just short of achieving their dreams.

You have a grand adventure awaiting you, so count yourself lucky.

In a journey of a thousand miles the most heroic efforts are reserved for the last few inches.

This Hero's Journey focuses on the one hand overhead press.

Every level will test your proficiency with this exercise, often introducing you to complementing, supportive exercises specifically chosen for their role in developing your overhead pressing strength.

Each successive level is dedicated to a fixed weight that proceeds by increments of 10lbs.

You will need to experiment with each level until you find a weight that you can press over your head with both your left and right hand.

This weight will dictate your starting level.

Almost all levels are broken up into three "parts".

Each part deals with the number of repetitions you will complete for each exercise found therein.

When and *only* when you have accomplished all the repetitions for each exercise will you have completed that particular part for that specific level. Then you will be ready to move on to the next level.

Your physical training should occur *no* more than three times a week and *no* less than twice a week.

Examples of this *might* be training three day splits, such as Monday-Wednesday-Friday or two day splits like Monday and Thursday.

Before training it might be a good idea to perform a 5-7 minute warm up, just enough to elevate your heart rate and get your blood flowing to your muscles.-

After training you might also find light stretching to be beneficial.

On days when you will not be training, it is recommended that you engage in activities such as walking, hiking, swimming, yoga, Chinese qigong (Chi kung), etc. These types of activities, like light stretching, will help in reducing soreness, increasing blood flow and aid in repairing your muscles.

### **Keeping a journal**

*“A journal is the path of pebbles you leave behind you, so you have the security of knowing you can always return.”*  
-Samara O'Shea

Your Hero's Journey is comprised of both inner-world (internal) and outer-world (external) experiences, for which you will find very helpful to keep a running journal.

Not only does this help keep you actively engaged in the process, you will also be able to more accurately track your progress along the way.

As you advance along this path, you may find it astonishing to look back through the beginning of your journal and see where you began and how you have progressed.

Seeing your trials, tribulations and triumphs is very inspiring!

Looking back over your past journal entries can give you depth of insight into yourself that is rarely possible in other ways.

This journal will become very special to you as it is the chronicles of your own personal journey, from beginning to beyond.

Not only should you write down what level you are currently working on, you should also record the number of reps for the exercises you perform. Be sure to also include the date for each entry, personal feelings and any accompanying path working experiences.

As your journaling progresses, you will note that the detail, length and exactitude of your entries will perhaps also increase.

Keeping an accurate log will be very useful for gleaning a great deal of information about yourself and the circumstances surrounding your life during those entries.

### **Path working**

*“All men who have achieved great things have been great dreamers”.*  
*-Orison Swett Marden*

The imagination is a bridge between dreams and reality. Path working is the active practice of crossing that bridge into the world of dreams and bringing back your experiences to make real in the physical.

Path working is a lot like practicing in a guided meditation. However, unlike guided meditation only the destination of the path is set. What happens along the way is unscripted and rife with symbolic messages and clues to what lies at the very core of who you are.

Path working is very much like purposeful daydreaming and near the same in its application.

To practice path working all you need is an objective and a place to relax. Free yourself from mental restraints and allow your imagination to paint the most lively and vivid picture as presently possible for you.

Some find it helpful to visualize themselves walking through a door of some sort. This serves as a type of cross over point that, over time, triggers the subconscious that path working is about to begin.

This same *doorway* is used over and over again and becomes a “well-worn path” for any visualization work, thus the term path working.

Beyond this doorway is your subconscious realm where all your creativity, dreams and unfulfilled desires are housed. It is in this place that you can confront, question and seek council with those powerful forces and unconscious drives which compel and haunt you.

Path working is a simple, but profound way to interface with all your, as yet, unrealized potential. Discover just how powerful and infinite you are and begin manifesting those daydreams into reality.

## **Sample path working exercise**

Find a place you can relax and won't be disturbed for at least 15-20 minutes.

Allow yourself to relax, take some deep breathes -- soft, deep inhalation and soft, long exhalation.

Think of a dark screen with nothing on it.

Allow the image of a door to come into view. Without doing anything on your part, the door opens and you are gently pulled through it.

You are now in a field and presently alone.

A magnificent sword is before you. The blade of which is sheathed in an ancient-looking stone...

Spend some time in this space exploring and discovering your own inner realm.

When you are done with this experience, simply let yourself exit the door you came in through. You can do this at anytime and the door is always where you want it to be.

Upon opening your eyes to physical reality, give yourself a few moments to become fully aware of your body and then grab your journal and do your best to describe your experience.

## **Journal entries**

What time of day or night was it?

What season did it appear?

What did the sword look like?

Describe the stone.

Were there any animals?

Did you try to pull the sword from the stone? If so, were you immediately successful?

Did anyone or anything else show up? If so, did you speak with or interact with them?

Did you see any symbols or pictures you felt were important and worth remembering? Were they carved or drawn? What feelings did they invoke?

How did you feel during this experience?

There is no right or wrong answers.

Detail these experiences and understand that everything you see, experience and interact with is symbolic messages from your subconscious about the current situations surrounding your life and desires.

Write down everything as it happened and *not* the way you wish it did. Don't be afraid, ashamed or feel guilty in any way over what you see or encounter.

Your subconscious will use all manner of pictures and symbols to deliver the truth about who you are.

Your purpose is to uncover the truth about who you are and, in doing so, align yourself with your dreams, aspirations and higher potential.

### **The Hero's Journey: The first step**

*"Up, sluggard, and waste not life; in the grave will be sleeping enough."  
-Benjamin Franklin*

You came here because you have heard the *hero's call*.

Perhaps you heard it loud and clear, like the clapping of thunder, omnipresent; your heart pounding and every nerve painfully aware.

Maybe you were startled awake when you heard a whisper, a disembodied voice calling your name, eerily beckoning while you lay on the verge of sleep, terrified by what it could mean.

You could have heard this call many years ago as a child and have been haunted by the experience ever since.

Possibly you heard the call very recently. Some seemingly random event may have caused a single spark which flared in your subconscious, igniting a fire in your mind, compelling you to seek something outside your ordinary life.



In any case, you feel a longing inside you for adventure; a reason to throw off the shackles of your old life and bravely charge headlong toward the unknown to conquer whatever challenge you meet.

You feel it stirring within you, hear it churning around in your guts and you know that this feeling is about to take on a life of its own.

Now that you have familiarized yourself with the archetypal energies you will encounter on this Hero's Journey, discovered your level of competency with the overhead press and experienced a short primer on path working -- you are, in fact, *ready*.

### **Setting the Scene for you physical training**

*“Whatever you hold in your mind you will soon hold in your hand.”*

The hero's journey is as much *internal* -- within the realm of imagination -- as it is an *external* or physical process.

When the internal and external are used in tandem, the process merges all of your faculties together in harmony with a specific goal.

Deep reserves of physical and mental strength can be called upon by the use and development of a vivid imagination, inspiring your spiritual nature to ignite a fiery determination within your body and mind.

The use of bright colors and sharp imagery invokes strong emotional reactions that have a profound affect over the body and its capabilities.

In modern psychological circles this is known as “psych and pomp” or “creative visualization”. In the original form of psychology, known as shamanism, this is called *magic*.

Your exercise area should be uncluttered.

You want the training area you use to “feel” distinct or somehow separated from the rest of the world.

To do this you might sweep out the garage, vacuum the room or rake away leaves to make your space *prior* to training there.

If you go to a gym, spend time centering yourself so that other people seem to be far away or simply *not there*.

The intent is to place you *in-between* normal consciousness and *very* light trance; a state of awareness where you can safely operate in the physical realm, but can still maintain a state of colorful, vibrant imagination.

Set the weight in the middle of the floor, or wherever appears to be the middle of your area, and walk back to the edge of you space.

Now is the time to reflect on why you are here in the first place.

Partially close your eyes and ask yourself, "What do I want from all this?"

Why are you going to sacrifice your time and energy performing this rite?

What do you gain by doing this?

What does your family, your friends, your community, or even the world gain from you declaring yourself the true and rightful King or Queen of your domain and forging the strength to pull the sword from the stone?

When you are clear in your intentions, open your eyes fully.

The world around you remains largely the same.

However, in your training area you will see your prize -- a beautiful sword driven into an ancient and powerful stone. The image appears holographic and just a touch out of sync with the rest of the world.

With purpose and confidence step up to the weight that is now your sword, seize its handle and pull.... your hero's journey begins.

## **Chapter 7**

### ***Path working with the Archetypes***

*“The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.”*

*-Carl Jung*

Meeting and interacting with these archetypal personalities is fundamental to completing your hero’s journey and should be practiced with as much dedication as your physical training.

Path working can be performed daily or every other day.

Your first path working assignment will be with Arthur.

Once you have met Arthur and are moving on to other personalities you should path work to meet with Arthur at least once a week. It will be the same for the other three personalities until you have completed all four introductions.

At that point you will visit each personality once a week, minimally.

Something you might wish to experiment with is path working right after your physical training.

Your muscles will be much more primed to reach deeper states of relaxation after heavy exertion and as the body goes, so too will the mind follow and this can lead to even more vivid and meaningful path working experiences.

The second reason is that you have created intent by *setting the scene* where you have performed your physical training and that can help gently focus the mind on achieving profound encounters with your subconscious.

This might be difficult to do if you are at a gym and if you are unable to perform path working right after you train.

Amazing life-changing results and profound benefits are to be found whenever and wherever you can do your path working.

## Meeting King Arthur

*“What are kings, when regiment is gone,  
But perfect shadows in a sunshine day?”  
-Christopher Marlowe*

### Requirements

- 1) You will need to discover the appropriate level for you to begin with.
- 2) Read the *setting the scene* section of this book.
- 3) Keep a journal.

After testing your strength level, you may realize that pressing 150lbs is going to be a very serious undertaking.

Legitimate concerns float to the surface of your mind.

One hundred and fifty pounds is a daunting amount of weight.

Accomplishing this task will require a monumental feat of dedication, indestructible commitment and will power.

You would do well to seek out straightforward and honest council and you will benefit from encouragement and inspiration.

The great, Celtic warrior-king, Arthur, succeeded in this very task and cemented his legacy as a wise and highly capable leader of men.

Arthur is the perfect guide for your Hero's Journey. He is honest, fair and possesses a friendly, good-hearted nature.

Arthur is no stranger to hard training. He spent years forging his awesome physical strength by pulling against the sword that was held firm by that ancient, stalwart rock.

Always a good-natured companion, Arthur can help encourage you to continue training as well as tell you when you are lagging behind.

For the beginning level of your physical training, visit Arthur at least 3-4 times a week. With that said, feel free to visit him anytime you wish.

Be open and honest with Arthur about your concerns, your successes and your failures. The training will be tough and you can tell him all about it. He is there to listen and offer advice.

Anything and everything you discuss with him will forever remain just between you and Arthur.

### **Path working with King Arthur**

Find a place you can relax, be comfortable and undisturbed for 10 to 15 minutes.

Allow the image of a doorway to come into your mind. As the door opens, see and feel yourself pulled gently into and through the door. There is a soft, but bright, golden light in front of you. This is Arthur...

### ***Journal entries***

What did it look like around you? You are inside or outside?

If outside, what is the terrain like? Any seasonal or climate based details that stand out?

If inside, what does it look like? Was it modern, ancient, stone, wood, etc?

Was it Day or Night?

What does Arthur look like? How is he dressed? How old does he appear to you? Does he look as you expected he would?

What did you two talk about? Was there anything in particular he said to you that stood out?

Did anyone or anything else show up?

Did you see or interact with any animals? If so, detail them and your interactions with them.

Did you see any symbols, pictures or carvings that seemed important to you? If so, what and where were they? What did they look like? How did they make you feel?

## Meditations with the Sword

*“Those who beat their swords in plowshares will plow for those who do not”*

### Requirements

- 1) You must be ready to work on the next level of your progressive strength training.
- 2) You must have met with Arthur.
- 3) Keep a journal.

After meeting Arthur and completing the first level of your hero's journey, the thought might have occurred to you that you are not merely training your physical strength, but exploring and perhaps training your spirit as well.

Arthur has much to share with you and help you discover both your inner and outer strength.

If your mind is set on building the strength necessary to one hand press 150lbs, pull sword from stone and then return victorious to your normal life...you must ask yourself, *“In what ways will I use my new found strength?”*

The sword is not only your prize, but contained within the process of earning it is a new way of interfacing with the world around you.

The sword is power as well as creative energy, vigor, vitality and confidence.

The sword contains within it all that you are and, most importantly, all that you *could* be.

The sword, by its very nature, discriminates.

While discrimination is usually saddled with negative connotations, the mature use of this energy can actually be used to bring positive forces together by separating them from constrains and erecting barriers of your own.

This keeps out and pushes away unconstructive influences in your life.

By applying your creative energy, cutting away distractions and defending your intellectual and spiritual positions, you come one step closer to realizing your higher potential.

## **Path working with the Sword**

Find a place you can be comfortable and undisturbed for 10 to 15 minutes.

Allow the image of a doorway to come into your mind. As the door opens, see and feel yourself pulled gently into and through the door.

There is a soft, but brilliant, white light in front of you that begins to take the shape of a sword.

You boldly reach out and grasp it by the handle....

### ***Journal entries***

What does the sword look like? Does the sword appear to be from any particular era or racial heritage?

Does the sword appear to have ever been used in combat?

What did it look like around you? You are inside or outside? Is it day or night?

If outside, what is the terrain like? Any seasonal or climate based details that stand out?

If inside, what does it look like? Is it modern, ancient, stone, wood, etc?

How did you communicate with the sword? Did it speak with you, use pictures, or some other form of communication?

What did you and the sword share? Was there anything in particular about the experience that stood out?

Did you and the sword explore what you might need to cut out from your life that is not helpful to you or holds you back from progressing?

Is there anything you learned from the sword that you feel needs to be incorporated into your life? If so, is there anything you need to cut through to get to it?

Did the sword reveal to you anything you need to guard against? Are there people or situations in your life that warrant better boundaries?

What types of creative inspiration did you receive?

Did anyone or anything else show up? Any animals? If so, detail them and your interactions with them.

Did you see any symbols, pictures or carvings that seemed important to you? If so, where were they? What did they look like? How did they make you feel?

## **Contemplation on the Stone**

*“He who moves a mountain begins by carrying away small stones first”*

### Requirements

- 1) You must be ready to start your third level of training on your hero’s journey.
- 2) You must have met Arthur and performed meditations with the sword.
- 3) Keep a journal.

In strength training, enduring hardship is the name of the game. As you have no doubt learned by now you must meet and overcome adversity if you want to grow stronger. As your muscles must be tested, so too must your mind and even your spirit face opposition and become better for it.

It should come as no surprise to you that hardship befalls everyone. Overcoming obstacles is based on how you view challenges. Can you can turn mishap into fortune and stumbling blocks into launching pads?

Your perceptions color the black and white reality of what occurs around you.

The stone is representative of all the difficulties in your life. Part of your hero’s journey will see to it that you face and overcome such obstacles.

Will you meet them head on and, through diligent effort, eventually show dominion over them? Or will you be crushed under their oppressive nature?

How have you handled conflict in the past? Do you run and avoid? Do you procrastinate, waiting and allowing small rocks to turn into large boulders? Or do you face them head on?

These are questions that should, and will, eventually be explored and the stone is a great place to contemplate on this.

The stone is magnificent and forever silent, so you know that discretion is assured.

The stone is also resolute and supremely stalwart. It can take all the abuse you need to unleash upon it.



Venting your frustrations, not only with your hero's journey, but life situations in general can be very liberating.

Breaking yourself against the stone in this way can free you up emotionally. You can emerge empowered from the old modality you just shattered.

### **Path working with the Stone**

Return to a place where you can be comfortable and undisturbed for 10 to 15 minutes.

Allow the image of a doorway to come into your mind. As the door opens, see and feel yourself pulled gently into and through the door. A pulsating, dark purple light captures your attention, manifesting into a stone...

#### *Journal entries*

What does the stone look like? Is it large? Does the stone appear heavy? Is it ancient?

Does it appear to be made out of any particular substance? Is it covered in moss or dust?

What does the stone feel like? Rough? Smooth? Does the stone feel supportive or oppressive?

What are your feelings towards this stone? Do you feel like it's standing in your way?

Is a sword held in the stone?

What did it look like around you? Are you inside or outside?

If outside, what is the terrain like? Are there any seasonal or climate-based details that stand out?

If inside, what does it look like? Is the décor modern, ancient, stone, wood, etc?

Is it day or night?

How did you communicate with the stone? Did it speak with you, use pictures or some other form of communication?

Did the stone reveal to you the manner in which you deal with conflict?

Did the stone challenge you to do anything? Or challenge your belief systems?

Were you shown how you limit or block your own progress?

Did anyone or anything else show up? Any animals? If so, detail them and your interactions with them.

Did you see any symbols, pictures or carvings that seemed important to you? If so, where were they? What did they look like? How did they make you feel?

## **Descent to the Lady of the Lake**

*“Next to the wound, what women make best is the bandage.”  
-Jules Barbey d'Aurevilly*

### Requirements

- 1) You must be prepared for your fourth level of training on your hero's journey.
- 2) You must also be well acquainted with Arthur, meditations with the sword and contemplations on the stone.
- 3) Keep a journal.

Guilt, shame, emotional injury and damaged self-worth can hang on the soul heavier than any physical weight could bring to bear on the body.

In some ways this leg of your hero's journey will be the hardest because of the painful and long repressed emotions and memories this will stir up.

You will find that even though certain events may have transpired years or even decades ago, if touched on, they are still as raw as an exposed nerve.

It is time to finally give those wounds permission to heal.

We have all been hurt and, truth be told, we have all done things that have hurt others... intentionally or not.

We may have been transgressed against or we may have transgressed against others.

Somewhere deep inside yourself you know it was wrong. Subconsciously, these events hold you back and tarnish your self-worth.

Be it that you can't forgive the other party or can't forgive yourself, the wound simply won't go away until you do one or the other, or both.

Forgiveness doesn't always mean you let the other person off the hook.

Instead forgiveness means you take your power back, reclaim your right to be a complete person and allow yourself some peace of mind. This goes *double* when you are the person you are forgiving.

This is not about the *little* things or the everyday, mundane conflicts.

This is about the things that weigh on you and keep you up at night. This is about facing very real pains and hurts, your own and the ones you have inflicted on others.

The Lady of the Lake does not judge and she does not seek retribution against you. She seeks to help you make repercussions within yourself and mend your broken parts.

When Arthur violated his oaths of Kingship his sword shattered and, along with it, his right to rule as well as his virility and confidence.

He came to the Lady of the Lake, placed the sword in her hands and laid his soul bare. She restored both Arthur's soul and his sword to wholeness.

The Lady of the Lake made atonement possible for Arthur.

She can do the same for you...

### **Path working with the Lady of the Lake**

Return to a place where you will be undisturbed for 10 to 15 minutes.

Allow the image of a doorway to come into your mind. As the door opens, see and feel yourself pulled gently into and through the door. A pale, silver and blue light washes over you as a beautiful hand rises out of the water...

### ***Journal entries***

What does the water look like? Is it a lake, a river, a pond, maybe pool or even an ocean? What is the water like? Murky? Crystal clear? Is the water still or moving?

What did it look like around you? Are you inside or outside? Is it day or night?

If outside, what is the terrain like? Any seasonal or climate based details that stand out?

If inside, what does it look like? Is it modern, ancient, stone, wood, etc?

What does the Lady of the Lake look like? What is she wearing? What color is her hair? Is it short or long? Does she wear jewelry? Is she young or old, maybe middle aged?

Does she speak to you or communicate telepathically or by other means?

What did you talk about with her? How open do you feel you can be with her? Do you feel like you are holding anything back? If so, what could you do to open up to her more?

Did anyone or anything else show up? Any animals? If so, detail them and your interactions with them.

Did you see any symbols, pictures or carvings that seemed important to you? If so, where were they? What did they look like? How did they make you feel?

## **Chapter 8**

### ***The Hero's Journey PHYSICAL training program***

*“What does not kill you makes you stronger”.*

This physical training program was designed with one thing in mind -- to help you achieve a one hand overhead press, in raw poundage that few people on the planet will ever duplicate.

It is vital that your training be dedicated and that you make as little variations to the program as possible. Better still, follow the levels and their parts to the letter.

The exercises and their respective repetitions should be done with both the right and left hand, the only exception being the front squat.

This is a true strength training program in that the aim is for you to get very strong and in a progressive and incremental manner.

The weight should *always* be challenging, so make sure when you begin you are starting with a weight that you can press at least 1 - 2 reps with each hand.

This will help keep your upcoming levels challenging and keep you on track to completing your hero's journey.

#### **Level 1: 10lb implement**

1. Part one

One hand overhead press: 10 reps

High Pull: 10 reps

2. Part two

One hand overhead press: 15 reps

High Pull: 15 reps

3. Part three

One hand overhead press: 20 reps

High Pull: 20 reps

#### **Lesson 2: 20lb implement**

1. Part one

One hand clean and press: 10 reps

2. Part two

One hand clean and press: 15 reps

3. Part three

One hand clean and press: 20 reps

### **Lesson 3: 30lb implement**

#### 1. Part one

Front Squat: 15 reps

High Swing: 5 reps

Overhead Press: 10

Snatch: 5 reps

#### 2. Part two

Front Squat: 20 reps

High Swing: 10 reps

Overhead press: 15 reps

Snatch: 10 reps

#### 3. Part three

Front Squat: 25 reps

High Swing: 15 reps

Overhead Press: 20 reps

Snatch: 15 reps

### **Lesson 4: 40lb implement**

#### 1. Part one

Clean to shoulder: 8 reps

Snatch: 5 reps

Front Squat: 10 reps

Overhead Press: 5 reps

#### 2. Part two

Clean to shoulder: 12 reps

Snatch: 10 reps

Front Squat: 15 reps

Overhead Press: 10 reps

#### 3. Part three

Clean to shoulder: 16 reps

Snatch: 15 reps

Front Squat: 20

Overhead Press: 15 reps

### **Lesson 5: 50lb implement**

#### 1. Part one

Overhead Press: 5 reps

Front Squat: 10 reps

Snatch: 3 reps

High Swing: 5 reps

#### 2. Part two

Overhead Press: 10 reps

Front Squat: 15 reps

Snatch: 6 reps

High Swing: 10 reps

3. Part three

Overhead Press: 15 reps

Front Squat: 20 reps

Snatch: 9 reps

High Swing: 15 reps

### **Lesson 6: 60lb implement**

1. Part one

High Swing: 3 reps

Clean to shoulder: 5 reps

Front Squat: 10 reps

Overhead Press: 4 reps

2. Part two

High Swing: 6 reps

Clean to shoulder: 10 reps

Front Squat: 15 reps

Overhead Press: 8 reps

3. Part three

High Swing: 9 reps

Clean to shoulder: 15 reps

Front Squat: 20 reps

Overhead Press: 12 reps

### **Lesson 7: 70lb implement**

1. Part one

Clean to shoulder: 5 reps

Overhead Press: 5 reps

Front Squat: 5 reps

2. Part two

Clean to shoulder: 10 reps

Overhead Press: 7 reps

Front Squat: 10 reps

3. Part three

Clean to shoulder: 15 reps

Overhead Press: 9 reps

Front Squat: 15 reps

### **Lesson 8: 80lb implement**

1. Part one

Clean to shoulder: 5 reps

Overhead Press: 4 reps

Bent Row: 10 reps

2. Part two

Clean to shoulder: 10 reps

Overhead Press: 7 reps

Bent Row: 15 reps

3. Part three

Clean to shoulder: 15 reps

Overhead Press: 10 reps

Bent Row: 20 reps

### **Lesson 9: 90lb implement**

1. Part one

Bent Row: 10 reps

Snatch: 4 reps

Overhead Press: 3 reps

2. Part two

Bent Row: 15 reps

Snatch: 8 reps

Overhead Press: 6 reps

3. Part three

Bent Row: 20 reps

Snatch: 12 reps

Overhead Press: 9 reps

### **Lesson 10: 100lb implement**

1. Part one

Bent Row: 10 reps

Snatch: 4 reps

Overhead Press: 3 reps

2. Part two

Bent Row: 15 reps

Snatch: 8 reps

Overhead Press: 6 reps

3. Part three

Bent Row: 20 reps

Snatch: 12 reps

### **Lesson 11: 110lb implement**

1. Part one

Bent Row: 10 reps

Snatch: 4 reps

Overhead Press: 3 reps

2. Part two

Bent Row: 15 reps

Snatch: 8 reps

Overhead Press: 6 reps



3. Part three  
Bent Row: 20 reps  
Snatch: 12 reps

**Lesson 12: 120lb implement**

1. Part one  
Overhead Press: 3 reps  
2. Part two  
Overhead Press: 6 reps  
3. Part three  
Overhead Press: 9 reps

**Lesson 13: 130lb implement**

1. Part one  
Overhead Press: 2 reps  
2. Part two  
Overhead Press: 4 reps  
3. Part three  
Overhead Press: 6 reps

**Lesson 14: 140lb implement**

1. Part one  
Overhead Press: 2 reps  
2. Part two  
Overhead Press: 4 reps  
3. Part three  
Overhead Press: 6 reps

**Lesson 15: 150lb implement**

Final phase  
Overhead press: 1 rep

-Fin-