



The Hero's Journey – The Orphan



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The Orphan is the next archetype we meet on the Hero's Journey. While the Innocent has been cast out of paradise with hope of redemption, the Orphan has been exiled with little hope of return. The Orphan experiences life as painful and full of hardship requiring more work, more faith, and perfection in order to become more lovable and worth more.

Orphans are literally children without parents, parental protection, or parental nurture, often occurring while too young for them to take care of themselves. This may be a result of a literal or psychic death or abandonment. In both cases, the Orphan often experience neglect, victimization, or abuse; the child is not cherished, nurtured, or kept emotionally or physically safe. Think Oliver Twist, Little Orphan Annie.

Carol Pearson (Awakening the Heroes Within) explains that the Orphan archetype is activated whenever "the child in us feels abandoned, betrayed, victimized, neglected, or disillusioned." When we do not acknowledge our inner Orphan, the Orphan is abandoned by us as well as by the outer world. To avoid more hurt, judgment or criticism, we often cover up and deny our vulnerability or hurt and end up feeling very lonely and left out while the archetype gains even more strength.

When the Orphan is dominant in our lives, we may feel a sense of hopelessness, believe that we cannot do work we really love, or feel that we don't deserve a happy love life. Instead of expecting joy or happiness in any aspect of our lives, we settle...for less, for stuff, for substitutes. We may betray ourselves and our own values. And, in order to avoid pain, we may develop a variety of personas designed to protect us, further betraying our essence and deepest natures while settling for pseudo lives and pseudo loves. We may substitute mindless shopping, addictions, or mindless ambition for anything that provides real satisfaction.

The task of the Orphan is to learn how to band together, nurture and care for ourselves and one another. The gift of the Orphan is to learn about interdependent self-reliance.

According to Pearson, the Shadow side of the Orphan is cynicism, callousness, and masochism or sadism. Shadow Orphans use the victim role to manipulate everyone and everything around them. The Orphan phase of the Hero's Journey is an important step towards growth and development. All of us are wounded in some way; it is part of the human condition. The paradox for the Orphan is that the failure of the world to meet our needs propels us to take responsibility for meeting our own needs, for finding and for getting what we want ourselves. The wound becomes the teacher and our vocation often develops from this wounded place. We must really feel the pain and recognize the denied parts of ourselves. When we can do that, we can begin to recover and experience the sense of wholeness that is the focus of our journey.



Schedule of Events

January	February	March	April
<ul style="list-style-type: none"> ♥ Jan 6—WWC Sat AM 9:00 AM – 12:00 PM WWC Sat PM 2:00 – 5:00 PM ♥ Jan 7—Please note time change: WWC Sun PM 10:00 AM to 1:00 PM ♥ Jan 8—WWC Mon PM 6:00 to 9:00 PM ♥ Jan 9—WWC Tues PM 6:00 to 9:00 PM ♥ Jan 27—BodyMoves: Reclaiming the Body & Freeing the Voice 12:00 – 4:00 PM ♥ Jan 28—NEW: MWC 2:00 – 5:00 PM 	<ul style="list-style-type: none"> ♥ Feb 3—WWC Sat AM 9:00 AM – 12:00 PM WWC Sat PM 2:00 – 5:00 PM ♥ Feb 4—WWC Sun PM 2:00 – 5:00 PM ♥ Feb 5—WWC Mon PM 6:00 – 9:00 PM ♥ Feb 6—WWC Tues PM 6:00 – 9:00 PM ♥ Feb 24—BodyMoves: Reclaiming the Body & Freeing the Voice 12:00 – 4:00 PM ♥ Feb 25—MWC 2:00 – 5:00 PM 	<ul style="list-style-type: none"> ♥ Mar 3—WWC Sat AM 9:00 AM – 12:00 PM WWC Sat PM 2:00 – 5:00 PM ♥ Mar 4—Please note time change: WWC Sun PM 10:00 AM to 1:00 PM ♥ Mar 5—WWC Mon PM 6:00 – 9:00 PM ♥ Mar 6—WWC Tues PM 6:00 – 9:00 PM ♥ Mar 24—BodyMoves: Reclaiming the Body & Freeing the Voice 12:00 – 4:00 PM ♥ Mar 25—MWC 2:00 – 5:00 PM 	<ul style="list-style-type: none"> ♥ Apr 7—WWC Sat AM 9:00 – 12:00 PM WWC Sat PM 2:00 – 5:00 PM ♥ Apr 8—EASTER SUNDAY...see Apr 15 ♥ Apr 9—WWC Mon PM 6:00 – 9:00 PM ♥ Apr 10—WWC Tues PM 6:00 – 9:00 PM ♥ Apr 15—WWC Sun PM 2:00 – 5:00 PM ♥ Apr 28—BodyMoves: Reclaiming the Body & Freeing the Voice 12:00 – 4:00 PM ♥ Apr 29—MWC 2:00 – 5:00 PM
<p>NOW FORMING:</p> <p>♥ WHY WEIGHT: BREAKING FREE FROM EMOTIONAL EATING.</p> <p>This group is open to both men and women who have struggled with eating issues...compulsive eating, emotional eating, disordered eating, and anorexic or bulimic eating. We will be using Geneen Roth's Workbook, <u>Why Weight</u> and our own unconscious material (dreams, fantasies, and slips) to get to the root of what's really eating us.</p> <p>Group now forming for Fall; needs a minimum of 6 participants to begin. This group requires a commitment of one year.</p> <p>Cost: \$300 may be paid in installments</p> <p>CALL CARYN AMAN, MA FOR MORE INFORMATION AND TO REGISTER: (503) 675-0932</p>		<p>BEGINNING JANUARY 28, 2007:</p> <p>♥ MEN'S WISDOM CIRCLE</p> <p>A new Men's Wisdom Circle (MWC) begins January 28, 2007. This group is open to men 18 and over interested in deepening their own personal and spiritual growth within a safe container. These sacred Circles are open to brothers, fathers, sons, uncles, grandfathers, friends, or individuals. The groups begin working with the books <i>Iron John</i> by Robert Bly and <i>Under Saturn's Shadow</i> by James Hollis exploring men's development.</p> <p>Caryn recognizes the need to include and honor the masculine. If our culture and world are to advance, men and women must come together. The first step in this endeavor is inviting men to meet women halfway by embarking on their own journey of self-development and self-discovery.</p> <p>Cost: \$30 for individuals</p> <p>CALL CARYN AMAN, MA FOR MORE INFORMATION AND TO REGISTER: (503) 675-0932</p>	



SCHEDULE OF EVENTS (CONT'D)

NOW FORMING FOR FALL 2006:

♥ **BODYMOVES: RECLAIMING THE BODY & VOICE**

One afternoon per month in January, February, and March 2007 we will begin the process of reclaiming our bodies, voices, and breath through an afternoon of play, movement, breathwork, voicework, and creativity. While each session is complete within itself, participants will gain the most by attending all of the sessions so the work can deepen.

In this series, we will focus on developing the personal container and ego strength allowing us to explore and discern the complexes and energies arising out of our histories and herstories. Bodywork, breathwork, and voicework invite us to bring forth the unconscious material and begin healing psychic wounds. We will begin each session within a sacred circle as we put forth our individual intentions for the day.

Cost: \$40 each month.

Dates: Jan 27, Feb 24, and Mar 24, 2007. This series will continue spring term.

Times: 12 noon to 4 PM.

Location: Sunset Fire Hall, 2215 Long Street, West Linn, Oregon 97068.

Please bring a mat and plenty of water. Wear clothes in which you can move freely and get dirty. We will be doing some floor work, working with art supplies, and we will be working barefoot (unless you need shoes for foot support).

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♥ **THE SACRED SITES OF THE BRITISH ISLES**

Blending Jungian dream work, inner work and the creative process makes the perfect foundation for a soul journey to the sacred sites of Glastonbury, Stonehenge, and Amesbury. Our journey incorporates these ancient sacred sites and explores the connections to the modern world of the individual participants. The trip is designed to balance the experiences of the outer world with the inner world leading toward a personal transformational journey.

Cost: \$2399 plus airfare. A \$300 deposit holds your space and a block of seats for 10 people at \$875-925.

Dates: May 12-20, 2007

Minimum number of participants necessary: 10

Maximum number of participants: 20

Open to: Everyone

CALL CARYN AMAN, MA AT (503) 675-0932 OR SEE WEBSITE FOR MORE INFORMATION, ITINERARY, PARTICIPANT QUESTIONNAIRES AND REGISTRATION.



Connections—Book and Movie Recommendations



From the Book Vault come these recommendations:

♥ **Diane S. (WWC Sun PM):** Diane gives us this report of *Left to Tell, Discovering God Amidst the Rwandan Holocaust*, by Immacule'e Ilibagiza and Steve Irwin (Hay House, Inc., 2006). This is an amazing story that I heard about on Public Television last year. Dr. Wayne Dyer both recommends and writes the forward for the book. The book documents an experience from 1994 when Rwanda underwent a horrific civil war. Few of us were aware of the issue at the time but the film *Hotel Rwanda* with Don Cheadle gave us hint of the trauma.

Immacule'e lived through the horror by hiding for 91 days in a bathroom in the home of a minister she'd known. She and seven other women were confined in the small room while "the killers," members of the Hutu population, wielding machetes, systematically sacrificed Tutsi tribe members and her family.

The story of her survival (and background, traumas, and trials to just survive) creates an inspiring story about the country's genocide and an individual's spiritual growth through it all. Publishers Weekly says: *This book is a precious addition to the literature that tries to make sense of humankind's seemingly bottomless depravity and counterbalancing hope in an all-powerful, loving God.* And Christiane Northrup, MD, says: *This book has renewed my faith in God and the Universe in a profound way that has changed me forever.* I predict it will provide the same spiritual transformation for you.

♥ **Diane S. (WWC Sun PM):** Diane also gives us this report on *It Will Never Happen to Me!* by Claudia Black, Ph.D., MSW. (M.A.C. Printing and Publications Division, 1982): This 24 year old text is still the definitive work on the subject of children of alcoholics and the codependent problems they may carry throughout their lives. Author Claudia Black lectured and counseled alcoholics and their families in Laguna Niguel, California when she began recognizing the issues family members carried with them whether the alcoholic in the family was still drinking or not. She recognized that despite the confident image these family members portrayed to the outside world, they had learned strong messages from their experiences: *Don't talk, Don't trust, Don't feel.* This theme carried throughout their lives giving them adult problems whether they drink as adults or not. They traditionally presented to Dr. Black with depression, inability to maintain healthy relationships, and a strangely similar mantra: *It will never happen to me!* But...very often it did...This book is a classic for a very good reason and I recommend it highly.



From the Movie Vault, come these recommendations:

Caryn Aman (Founder WWC, MWC & Full Circle Newsletter & Full Circle: A Jungian Counseling Center) recommends the following new releases:

♥ ***The Queen.*** Helen Mirren becomes Elizabeth II. This film is about the week following Princess Diana's death and the remarkable way it affected the monarchy. It is a heart-felt interpretation of the communication dance between newly elected Prime Minister Tony Blair and Queen Elizabeth II. Helen Mirren captured the nuances beautifully and I found the film very touching.

♥ ***Happy Feet.*** Pure fun with a lesson in diversity. I took my two youngest grandkids to see this recently and we all loved it. They even sat through the credits as there were more animated dancing scenes at the bottom of the screen.

♥ ***The Guardian.*** I enjoyed this film, a Navy version of *Top Gun* starring Kevin Costner and Ashton Kutcher.



From the Video/DVD Vault, Caryn recommends the following from the Vault:

- ♥ **The Sound of Music.** I am currently enjoying a re-mastered wide-screen version of this wonderful film. It's hard to believe it's been 40 years since it first appeared in theaters. I never grow tired of the music, the story, and Julie Andrews, et al.
- ♥ **Take the Lead.** I just watched this film again, too. If you like dance, you'll love this feel-good interpretation of the real-life story of Pierre Dulaine, who introduced ball-room dance to the New York Public Schools. My favorite scene is when he addresses the Parent Teacher Association. You'll have to watch it to hear the great message 😊.

There are several new films out that I am hoping to get to see over the next couple of weeks. Among them: **Blood Diamond**, **The Good Shepherd**, **Rocky Balboa** (remember that I raised sons and we saw all of the Rocky films!), and **Eragon** (I loved the book).

Soul Skin—Red Thread Moment # 1

The Real Woman Creed

By Jan Phillips, from www.realwomenproject.com

I believe that within me lies an extraordinary radiance,
and I commit to letting my light loose in the world.

I believe that the source of my power and wisdom is in the center of my being,
and I commit to acting from this place of strength.

I believe that I possess an abundance of passion and creative potential,
and I commit to the expression of these gifts.

I believe that the time has come to let go of old notions and unhealthy attitudes,
and I commit to re-examine what I have been told about beauty and dismiss what insults my soul.

I believe that negative thoughts and words compromise my well-being,
and I commit to thinking and speaking positively about myself and others.

I believe that young women are in need of positive role models,
and I commit to being an example of authenticity and self-love.

I believe in the relationship between my well-being and the well-being of the planet,
and I commit to a life of mindfulness that regards all living things as holy and worthy of my love.

I believe it is my spiritual responsibility to care for my body with respect, kindness and compassion.
I commit to balancing my life in such a way that my physical being is fully expressed and nurtured.

I believe that joy is an essential part of wellness,
and I commit to removing obstacles to joy and creating a life that is full of exuberance.

I believe that a woman who loves herself is a powerful, passionate, attractive force,
and I commit, from this day forward, to loving myself deeply and extravagantly.

*Thanks to Crone Jean Gale (WWC Mon PM) for this great creed
that is destined to become part of our annual Crone Ceremony!*



Reverie & Resources

Ongoing Labyrinth Walks:

1) **Second Tuesday of the month**—West Linn Lutheran Church, 7:30 – 9:00 PM, 20390 Willamette Drive, West Linn, 503-656-0110.

2) **Third Monday of the month**—Trinity Episcopal Church, 4:00-9:00 PM, 147 NW 19th Avenue, Portland, 503-222-9811.

3) **Fourth Sunday of the month**—Grace Episcopal Church, 6:00-9:00 PM (Please plan to begin your walk no later than 8:30 PM), 1535 NE 17th Avenue, Portland, 503-287-

0418. There is also a special Service of Healing from 7 – 8 PM on the fourth Sunday of each month in the sanctuary which is open to all. For many, the combination of the labyrinth walk and the healing service has been deeply meaningful and helpful in their journey towards wholeness. For questions regarding the labyrinth at Grace Memorial or to learn more about ways to get involved in the Labyrinth Guild, contact Linda Dodds at Linda@opusnet.com or Ann Schneider at schneida@earthlink.net.

4) **Every day of the month**—Franciscan Spiritual Center, daily, 6902 SE Lake Road, Milwaukie, OR 97267, 503-794-8542 or info@francisspctr.com.

♥ **And remember the Women's Wisdom Circle Labyrinth Walk Friday night, December 22, 2007, at Meridian Park Hospital in Tualatin from 6:30 to 7:30 PM. Members and their families are welcome as we meet to walk the labyrinth in honor of Winter Solstice and the Return of the Light! We also welcome the new members and their families of the Men's Wisdom Circle, too.**

♥ **There will be a Contemplative New Year's Day Peace Walk at Grace Episcopal Church from 11:30 AM to 3:00 PM. Grace's regular harpist Licia Seaman and guest cellist Lori Presthus will perform as we gather our thoughts in prayer for ourselves, our loved ones, and for our brothers and sisters throughout the world. For first time walkers, Portland labyrinth maker and labyrinth facilitator DC Donohue will present an introductory talk on labyrinth history and practices from 11 – 11:30 AM. Journaling, prayer writing and drawing are encouraged during this sacred time. A \$10 donation is appreciated to support the labyrinth music program.**

Odds and Ends

Here are some websites you may be interested in:

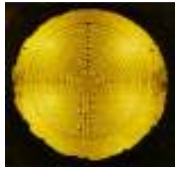
1) <http://www.richstevens.com/flash/iq.swf>. This website has a fun little IQ test. Have fun taking it and passing it along to family and friends! Thanks to Amanda J. (mailing list).

2) <http://archives.seattletimes.nwsourc.com/cgi-bin/taxis.cgi/web/vortex/display?slug=bracelets02&date=20061202>.

What began as a simple idea to discourage complaining by wearing bracelets has become a national movement. A great story! Thanks to Petra H. (mailing list).

3) http://urbanlegends.about.com/library/bl_eye_ofgod.htm. This photo is an authentic composite of photos taken by NASA's Hubble Space Telescope and the Kitt Peak National Observatory in May 2003. See website for more information. Thanks to Crone Ruth G. (mailing list).





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*Caryn L. Aman, MA is the founder and editor of **Full Circle**. Please submit any and all contributions to Caryn by email or U.S. mail.*

Caryn is the founder of the Men's Wisdom Circles (MWC) and Women's Wisdom Circles (WWC) of Oregon. Currently, there are 6 members of the newly founded Men's Wisdom Circles and 50 plus members of the Women's Wisdom Circles in Lake Oswego, Oregon. If you know of anyone interested in joining a Circle, please have them contact Caryn for more information.

*Caryn is also the founder of **Full Circle: A Jungian Counseling Center**, offering workshops and seminars; **BodyMoves**, offering **Maskmaking Intensives** and one day **Samplers**; and **Transformational Journeys**, offering spiritual journeys and pilgrimages. For information about Men's Wisdom Circles, Women's Wisdom Circles, **BodyMoves**, or **Transformational Journeys** call Caryn Aman, MA at (503) 675-0932 or email her at her new email address: carynaman@comcast.net.*

Moorings—Gratitude Journal and Prayer Requests...

Well, it has taken me longer than I originally planned but I am most grateful to put this issue of the **Full Circle** to bed. This has already been a season filled with joy and delight. I've completed (along with the other 70 plus members of the West Linn Community Chorus) 3 concerts with our last performance tonight at 9 PM at The Grotto as part of their Festival of Lights. It's a wonderful way to move into these last days before Christmas and a wonderful way to honor Chanukah, as well. In addition, a hale and hearty group of the Once-Again-Singers from my high school alma mater gathered last evening to sing together on the Bridgeway of the World Trade Center building amidst the lights and cold. It was great fun.

I am also grateful to have my website up and running and to my webmaster, Chris Struble. He was very patient with me as we played and played with the design and colors. I am so pleased with Chris's efforts and the results. Please do check it out.

I'm keeping Christmas simple this year. I didn't go out and get a big tree. Instead, I chose to get a little 4.5 ft. artificial tree and place it in my front window. It's quite lovely with the lights on my hedge outside. I decided to let go of expectations for a big production, at least for this year. I may feel differently next year and ready to go all out again. We'll see. In the meantime, Thanksgiving is my holiday to host so I can relax a bit around Christmas. I'm grateful that my sister is hosting Christmas; her home is beautifully decorated.

I hope you've enjoyed this issue of the **Full Circle** and that you will take care of the little Orphan within. Find your tribe, nurture and care for yourself and one another. And remember Tiny Tim's closing line from *Scrooge*, "God bless us everyone!"

