

## The Hero's Journey – The Innocent



The archetype of the *Innocent* is the part of us who is full of trust, faith, and hope.

Each of us begins our life's journey in utero, the original paradise. It is warm, safe, and secure inside our mother's womb. Our first fall from paradise begins the moment we are born as we are thrust out into the world, totally dependent upon the adults in our life to take care of us, nurture us, and protect us. The original imprint and experience of paradise, the womb, is firmly embedded in our psyche and marks a faith, a motivation, and a yearning to find it and reconnect with it again.

Many cultures include the "Fall from Paradise" as part of their mythology. Many love stories, also follow this pattern. The first blush of love reminds us of being in Paradise or Utopia...a perfect state of bliss. We mortals cannot stay in the realm of Mt. Olympus. Something usually happens moving us out of the place of infatuation and allowing us to either grow and deepen or break-up and end this idyllic state.

Courage to try again comes from the childlike faith and belief of the Innocent. One of my favorite scenes in any rendition of Peter Pan is the scene in which Tinkerbell, who has sacrificed herself to protect Peter, lies dying. The audience most often joins with Peter as he says, "I do believe in fairies, I do, I do." It is this kind of faith that we must call upon.

Twelve years ago, I took a leap of faith when I left the relative safety and security of the corporate world to embark on a journey of creating and building my own business as a psychotherapist, teacher, and group facilitator. I had the inordinate faith of the Innocent as I left the realm of the Corporate Mother where I had been for twenty two and a half years. Some called me foolish. It was not easy; it was both an ending and a beginning. If I'd known then what I know now, I may have never leaped. As a former therapist of mine told me, "Caryn, you have chosen the most difficult way to begin a private practice. Most people go to work for

an agency building their private practices slowly." Instead, I had a mantra from *Field of Dreams* that kept playing over and over in my head, "If you build it, they will come," that kept me going, that and the fact that my soul felt alive again.

It is this profound sense of faith that keeps the Innocent moving forward, willing to surrender and leave Paradise behind, and begin the Hero's Journey. We *only* have to remember that it is safe to trust. Often, the foundation work of psychotherapy is about remembering that it is safe to trust. Months and years can be spent re-learning this skill.

We must also remember the shadow side of the Innocent: denial, repression, and blame. Healthy Innocents take responsibility for our choices, forgiving ourselves when we make mistakes, and moving forward with our lives. Therein lays the paradox of the Hero's Journey: we must first lose our innocence in order to regain it. We must hold onto our dreams and sacrifice our illusions.

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## Schedule of Events

September	October	November	December
<ul style="list-style-type: none"> <li>♥ <b>Sep 4</b>—Labor Day</li> <li>♥ <b>Sep 9</b>—WWC Sat AM 9:00 AM – 12:00 PM. WWC Sat PM 2:00 – 5:00 PM.</li> <li>♥ <b>Sep 11</b>—WWC Sun PM 2:00 – 5:00 PM</li> <li>♥ <b>Sep 12</b>—WWC Mon PM 6:00 – 9:00 PM</li> <li>♥ <b>Sep 13</b>—WWC Tues PM 6:00 – 9:00 PM</li> <li>♥ <b>Sep 23</b>—New: <b>BodyMoves: Reclaiming the Body &amp; Voice 12:00 – 4:00 PM</b></li> </ul>	<ul style="list-style-type: none"> <li>♥ <b>Oct 6</b>—New: <b>Men &amp; Women’s Wisdom Circle. MWWC Fri PM 7:00 to 9:00 PM</b></li> <li>♥ <b>Oct 7</b>—WWC Sat AM 9:00 AM – 12:00 PM. WWC Sat PM 2:00 – 5:00 PM.</li> <li>♥ <b>Oct 8</b>—WWC Sun PM 2:00 – 5:00 PM.</li> <li>♥ <b>Oct 9</b>—WWC Mon PM 6:00 – 9:00 PM</li> <li>♥ <b>Oct 10</b>—WWC Tues PM 6:00 – 9:00 PM</li> <li>♥ <b>Oct 14</b>—<b>BodyMoves: Reclaiming the Body &amp; Voice 12:00 – 4:00 PM</b></li> <li>♥ <b>Oct 31</b>—Halloween</li> </ul>	<ul style="list-style-type: none"> <li>♥ <b>Nov 3</b>—MWWC Fri PM 7:00 to 9:00 PM</li> <li>♥ <b>Nov 4</b>—WWC Sat AM 9:00 AM – 12:00 PM. WWC Sat PM 2:00 – 5:00 PM.</li> <li>♥ <b>Nov 5</b>—WWC Sun PM 2:00 – 5:00 PM</li> <li>♥ <b>Nov 6</b>—WWC Mon PM 6:00 – 9:00 PM</li> <li>♥ <b>Nov 7</b>—WWC Tues PM 6:00 – 9:00 PM</li> <li>♥ <b>Nov 18</b>—<b>BodyMoves: Reclaiming the Body &amp; Voice 12:00 – 4:00 PM</b></li> <li>♥ <b>Nov 23</b>--Thanksgiving</li> </ul>	<ul style="list-style-type: none"> <li>♥ <b>Dec 1</b>—MWWC Fri PM 7:00 to 9:00 PM</li> <li>♥ <b>Dec 2</b>—WWC Sat AM 9:00 AM – 12:00 PM. WWC Sat PM 2:00 – 5:00 PM.</li> <li>♥ <b>Dec 3</b>-- WWC Sun PM 2:00 – 5:00 PM</li> <li>♥ <b>Dec 4</b>—WWC Mon PM 6:00 – 9:00 PM</li> <li>♥ <b>Dec 5</b>—WWC Tues PM 6:00 – 9:00 PM</li> <li>♥ <b>Dec 15</b>—Hanukkah</li> <li>♥ <b>Dec 22</b>—Winter Solstice Labyrinth Walk at Meridian Park Hospital 7:00 to 8:00 PM</li> </ul>

### NOW FORMING FOR FALL 2006

#### ♥ WHY WEIGHT: BREAKING FREE FROM EMOTIONAL EATING.

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, Why Weight and our own unconscious material (dreams, fantasies, and slips) to get to the root of what’s really eating us.

Group now forming for Fall; needs a minimum of 6 participants to begin. This group requires a commitment of one year.

**Cost: \$300 may be paid in installments**

**CALL CARYN AMAN, MA FOR MORE INFORMATION AND TO REGISTER: (503) 675-0932**

### NOW FORMING FOR FALL 2006:

#### ♥ MEN & WOMEN’S WISDOM CIRCLE

A new Men & Women’s Wisdom Circle (MWWC) is currently in the forming stage scheduled to begin October 6, 2006. Caryn feels that it is time to truly look at, explore, and bring into consciousness a Circle that holds partnering at its core. While this group will be open to all couples, it is open to singles, too, since we may not all currently be part of a couple or our partner may not be ready to do this work.

Partnering is about honoring the energies of both the masculine and feminine within and without. We will do this within the safe container of the Circle. We will meet on the Friday night preceding the Women’s Wisdom Circle weekend from 7 to 9 PM. Call Caryn at (503) 675-0932 for information.

**Cost: \$25 for individuals, \$45 for couples each month**

**CALL CARYN AMAN, MA FOR MORE INFORMATION AND TO REGISTER: (503) 675-0932**



## SCHEDULE OF EVENTS (CONT'D)

**NOW FORMING FOR FALL 2006:**

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

One afternoon per month in September, October, and November 2006 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.

This series will continue Winter and Spring 2007. Dates to be announced.

**Cost: \$40 each month.**

**Dates: Sept. 23, Oct. 14, and Nov. 18.**

**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).*

**CALL CARYN AMAN, MA FOR MORE INFORMATION AND TO REGISTER: (503) 675-0932**

**AND, STAY TUNED FOR MORE INFORMATION ABOUT A TRIP TO ENGLAND END OF JUNE 2007.**

### ♥ **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 Salisbury. 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: We are researching costs now; current exchange rate is about \$1.80 US to British pound. Because of higher cost to travel to England, we will save Scotland for a future journey.**

**Tentative dates: June 16, 2007 to June 24, 2007**

**Minimum number of participants necessary: 10**

**Maximum number of participants: 20**

**Open to: Everyone**



## Connections—Book and Movie Recommendations

From the Book Vault come these recommendations:



**Diane H. S. (WWC Sun PM):**

**Diane** gives us this report of *Wicked, The Life and Times of the Wicked Witch of the West*, Gregory Maguire, Ragan Books of HarperCollins Publishers, New York, N.Y., 1995.

What a creative, inventive story! Maguire, the author of *Confessions of an Ugly Stepsister* [among many others, Ed.] this time tells the tale of Elphaba (who later becomes known as the Wicked Witch of the West) and her sister, Nessarose (as the Wicked Witch of the East, Nessarose dies in a bizarre accident when a Kansas house lands on her after a tornado flings

it, a young woman, and her dog out of the sky).

Glinda, the “good witch,” and Elphaba have been roommates at “college,” Crag Hall, where they have learned their exceptional skills as well as become politically active in the Land of Oz. The story tells the early life of the Oz characters; Dorothy doesn’t enter the picture until page 333 of the 409 page book. But when she does surface...

I heartily recommend this clever story! And it lead me to find an old children’s book of my fathers titled *Tik-Tok of Oz*, by L. Frank Baum, dated 1914. The Tik-Tok character makes a brief appearance in this story, too.

[Ed. Note: The musical, *Wicked*, based on Maguire’s book, will be playing in Portland over the next couple of weeks. I will be in the audience on Thursday afternoon, September 7<sup>th</sup>. It was nearly sold out the first day tickets became available. If you get a chance to listen to the soundtrack, do so. It’s fabulous!]

**Diane** also recommends to anyone interested in the life and influence of Mary Magdalene, the Karen L. King book: *The Gospel of Mary of Magdala—Jesus and the first woman apostle* (written in 2003, for Polebridge Press, Santa Rosa, CA). Karen King was a recent presenter at the Trinity Cathedral’s lecture series.

Yes, there was a gospel, written from the stories passed down from Mary Magdalene, that didn’t make it to the 4 cannons of the Bible but papyrus copies were discovered in the Egyptian desert. According to King, the “brief narrative presents a radical interpretation of Jesus’ teachings as a path to inner spiritual knowledge; it rejects his suffering and death as a path to eternal life; it exposes the erroneous view that Mary of Magdala was a prostitute for what it is—a piece of theological fiction...” (p. 3) and it discusses the legitimate leadership role of women within the early groups of Christians.

From the Movie Vault, come these recommendations:



**Caryn Aman (Founder WWC & the Full Circle)** recommends the following new releases:

- ♥ **Little Miss Sunshine.** If you haven’t seen this film, get thee to a theater. I haven’t laughed so hard throughout a film in years. It was a jolly good time. Dysfunction at its best!
- ♥ **An Inconvenient Truth.** I heartily recommend this film to everyone. Al Gore has done an amazing job researching and telling the truth about global warming. And, for those of you

who have noted how warm our summer has been here in the Northwest, you’ll want to know what we can do to turn things around for our children and grandchildren!

**From the Video/DVD Vault:**

I have actually gotten quite a few films in over the past few months. Here are just a couple:

# Full Circle



♥ **The Butterfly.** A delightful French film that shows us the true meaning of friendship. It tells the story of Julien, who only wants to collect and preserves butterflies in his old age, and Elsa, the delightful 8

year old who opens up his world.

♥ **The Prize Winner of Defiance, Ohio.** With 10 children to feed, Evelyn Ryan, a postwar Ohio housewife,

stretches her rage-aholic, alcoholic husband's meager paycheck by entering jingle-writing contests. Based on a memoir by Evelyn's son, Terry.

## Soul Skin—Red Thread Moment # 1

This year's Crone Ceremony & Potluck was held Sunday, June 25, 2006 at the West Linn Adult Community Center on Rosemont in West Linn. In spite of the extreme temperatures of the day (103 + degrees!!!), a wonderful time was had by all. We loved the new location and the air conditioning was a goddess-send. I can only imagine just how much more drenched I would have been without it. Oh well.

We made a couple of changes to this year's ceremony allowing for a smoother flow to things and we hope you liked them.

This year's honorees were: Cathy W. (WWC Sat AM), Jean G. (WWC Mon PM), and Mary Jo T. (WWC Mon PM) who were very touched by the wonderful gifts they received from their WWC sisters.

For those of you who did not attend, here are a few samples of the phrases we used to describe the different aspects of the feminine: **Maiden**—1) Learning to find your own way, 2) Dewey with an inner light until they are lost in the bombardment of the world, 3) Curious, unsure, dreamer of endless possibilities. **Mother**—1) Birthing your joy on the endless journey of faith, 2) Birthing beyond

the physical through confusion into autonomy, 3) Nurturing teacher who gives selfless affirmation.

**Virgin**—1) Reassessing who I thought I was and claiming my Authentic Self, 2) The ability to discern what's right for me and to act upon it, 3) Waking up to who I am, letting go of approval, honoring intuition, living our power and our truth. **Crone**—1) The embodiment of knowledge, wisdom and experience—"the final stage is the most glorious," 2) The wholeness and fullness of womanhood, and 3) The wisdom of finally knowing I'm grounded and accepting my authority.

## Reverie, Resources, & Requests

### 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 19<sup>th</sup> Avenue, Portland, 503-222-9811.

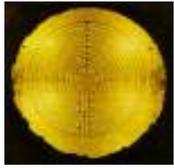
**3) Fourth Sunday of the month**—Grace Episcopal Church, 6:00-9:00 PM (Please plan to begin your walk no later than 8:30 PM), 1535 NE 17<sup>th</sup> Avenue, Portland, 503-287-0418. There is also a special Service of Healing from 7 – 8 PM on the fourth Sunday of each month in the sanctuary which is 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](mailto:Linda@opusnet.com) or Ann Schneider at [schneida@earthlink.net](mailto: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](mailto:info@francisspctr.com).

## Odds and Ends

Here is a website you may be interested in:

1) <http://houseofstone.org>. Thanks to my friend, Margaret M. Margaret's daughter and son-in-law (both physicians) founded this charitable organization dedicated to supporting Zimbabwean artists, raising awareness of how HIV/AIDS is affecting millions of Africans, and helping Zimbabwean children.



**Caryn L. Aman, MA**

**Full Circle  
A Jungian Counseling Center**

**425 Second St., Suite 200  
Lake Oswego, Oregon 97034  
Phone: 503-675-0932  
Email: [carynaman@msn.com](mailto:carynaman@msn.com)**

*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 Women's Wisdom Circles™ (WWC™) of Oregon. These groups were conceived as multi-generational Women's Wisdom Circles™ in order to explore the "Ages and Stages of a Woman's Life." Currently, there are 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 Thresholds™, offering workshops and seminars; BodySoul Dreaming™, offering Maskmaking Intensives and one day Samplers; and Transformational Journeys™, offering spiritual journeys and pilgrimages. For information about Women's Wisdom Circles™, Dream Groups, Thresholds™, BodySoul Dreaming™, or Transformational Journeys™ call Caryn Aman, MA at (503) 675-0932 or email her at her new email address: [carynaman@comcast.net](mailto:carynaman@comcast.net).*

## Moorings—Gratitude Journal and Prayer Requests...

I am so grateful that fall is just around the corner. How many of you know the first day that fall arrived? Could you smell it? Feel it? Taste it? I could and I know that several more of you did, as well. Fall arrived on August 3<sup>rd</sup>. As I walked out of my office that evening, I could feel, smell, and taste it and my heart and body leapt with joy! I haven't even minded the hotter days as much because the evenings helped to cool things down. Ah, it is the simple things that bring such joy!

For many, January marks the beginning of a new year. For the rest of us, September has always meant the beginning of a new year. While autumn marks the time for Persephone to return to the underworld, it also signals a time of increasing introspection, of slowing down, of steadfastness and thoughtfulness. It can be a period of great internal transformation. If you are at the beginning of a journey, witness and observe your own Innocent. If you are in the middle, notice the deepening of your spirit and soul, and if you are a more experienced traveler, notice your increased wisdom while at the same time witnessing how little you actually know. It's all about paradox.

While New Year's can be a time to set goals, Fall can be a time of assessing where you are on your own Hero's Journey. Are you playing it safe or are you taking risks? Are you stuck or moving forward in your life? In your dreams, are you driving your own vehicle or are you a passenger? Are you using your creativity or not? In *Coming Home to Myself*, Marion Woodman says this: "In our creating, we are created...If we give ourselves half an hour a day with our creativity, our dreams, our music, the soul becomes quiet. We are in our body and we feel nourished."

Make a list or two or three or more: Who am I, alone, in the middle of the night? Where am I going? What are my dreams? Who are my allies? What do I value?

Wherever you are on your journey, remember that you are not alone. If you are reading this newsletter, you are held in a community that honors the Hero/Heroine, the masculine **and** the feminine. Remain curious, one of the hallmarks of the Innocent. And, remember these words: "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." Mark Twain

