

# Awakening the Hero Within

By Bonnie Strehlow

*Your visions will become clear only when you can look into your own heart.  
Who looks outside, dreams; who looks inside, awakes. ~ Carl Jung*

Our goal of human experience is to transform ourselves from beings who seek to attain power to beings *who seek to be empowered*. To seek to be empowered is a sign that you are ready to embark upon the Hero's Journey to find that power in your life. If you have ever wanted to be different or to have different or to do different, you have been a Hero seeking empowerment over your life.

A Hero is defined as 'one that shows great courage.' What is your definition of a Hero? What images pop into your mind when you think of a Hero? What feelings arise within you at the thought of a Hero? Western civilization has many models of the Hero. We have super heroes like Superman and Batman, and every country has its own war heroes. There are social heroes like Mother Theresa, Gandhi and Martin Luther King Jr. and sports heroes from every form of sport we play. There are heroes in literature as well as your own personal heroes.

How would you define a hero? Heroes are often thought of as men of great courage, who take great risks and sacrifice themselves for the greater good. The Hero's Journey is considered a difficult and dangerous journey undertaken by only the strongest and bravest. My definition is very different. I define a **hero as any person who hears a call to change and answers that call, regardless of what that change is**. It takes great courage to look at your life and decide to make a change! Many spend their lives stuck in their own story of why their life is not working and never step outside of the story long enough to even dream that they can have or be or do something different. My definition of a Hero sees a problem or an opportunity and seeks a change, which is empowerment.

Take a moment and think. If you were a hero, which one would you be? What qualities of that hero inspire you? I have asked groups of people these questions and am amazed at the depth of their answers and the qualities that they admire. There is a part of them...of you...yearning to awakening those qualities within themselves.

Wonder Woman is who I would be. She is strong, intelligent and beautiful—a strong female archetype. Her idea of justice is achieved through love, kindness, compassion, strength and fairness. Empowered within herself, she seeks to empower others. She also has an invisible plane and a Lasso of Truth...just to make the adventure more fun. So who would you be?

Who are the heroes in your life? Who inspires you, teaches you, and challenges you to be more? My children are my heroes. They are four very different people, living very different lives, but they all have one thing in common. Each one has an absolute knowing that they can achieve their dreams. Many times I have seen one of them make a decision to have something different in their life and then go about allowing it to happen. It never dawns on them that their dream will not come true; to them achieving their goal is as natural as breathing. They inspire me to do the same...to create from my desires and allow those desires to manifest in my life.

Who are *your* heroes? What are the qualities that you so admire in your heroes? I invite you to take those qualities and turn them into commands. Those are the qualities that you desire to awaken and activate within you. Those are the qualities inherent in your Inner Hero that are waiting to be awakened.

*"The only thing that keeps you from having what you want in life is the story you tell yourself about why you cannot have it." Tony Robbins*

If you are tired of your story, you are being called to make a change, to take a journey. You are being called to the Hero's Journey. This is not the first journey you have ever taken. You already know how to do this! It is hard-wired into your DNA just waiting to be awakened! Every time you decide to make a change in your life, you take the Hero's Journey.

This journey, this heroic quest is about saying 'yes' to yourself and, in so doing, becoming more fully alive and more effective in the world. It offers great rewards: the capacity to be successful in the world and the opportunity to share your gifts with others.

When you realize that there are no outside forces that can determine your destiny and when you stop looking outside of yourself for success or joy or happiness, you will find that Heroic Self within. You will reveal your true self, your Heroic Self, and you will find yourself back home again, knowing yourself for the first time. Life will be different. You will be different ~ you will feel more alive, more successful, and more present, for yourself, your family and your career.

With your Heroic Self fully awakened, you live from a place of power, grace and ease. Life works *for* you. You no longer live from your small, fearful self that keeps you struggling and in lack. Awakening the Hero Within puts you fully in the driver seat of your life. Transformation happens and miracles can occur.

Your thoughts have the power to change the world. Commit now to a path of extraordinary living and a life of transformation where life is *for* you. Where you

intentionally create new outcomes for yourself and where you are empowered to live your life according to your true nature, your Hero Within. A Hero lies inside every one of us, just waiting to be awakened.

A Hero lies within you....waiting to be awakened!