Name	
	Hour

Elements of the Epic Hero Cycle

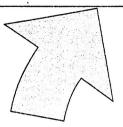
The Return

The hero's return to everyday life, but with new "gift" (knowledge, skill, strength) which the hero can now use to help his fellow man be better.



The Call

Invites hero to go on a quest facing the unknown; hero goes either willingly or unwillingly



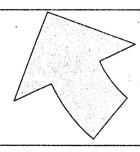
The Atonement

Now transformed through rebirth, the hero continues as new self incorporating changes caused by the journey.



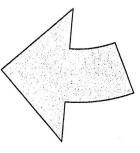
The Threshold

"Jumping off point" that starts adventure. After threshold is crossed, hero enters the world of the unknown filled with challenges and dangers. S/he must go alone; but may have a "helper" or guide.



Into the Abyss (the low point)

Hero faces greatest challenge of journey.
He must surrender completely to the adventure by facing his greatest fear alone.
This section involves his death and rebirth.
Part of him dies so new, better self can be born. Often involves a revelation.



The Tests

The hero faces a series of challenges or temptations often using his fears, doubts or distractions.