



The Supernatural Aid – Journal Activity

Your Personal Monomyth, like many myths and legends, includes a protective ‘supernatural aid.’ Though it can be, a supernatural guide doesn’t need to be magical, religious, or spiritual. The supernatural aid is an implicit mental representation of purpose, encouragement and safety that guides one through their journey. Scaffolding upon the relationship with their mythopoetic mentor, a better understanding of their psychological defense mechanisms and a strengthening therapeutic alliance with the counselor; at this stage of the therapeutic journey clients are challenged to engage their supernatural aid.

For those who have suffered betrayal, the inevitable question that arises is *‘how could I have been so naïve, so senseless, so self-deluded as to allow for the betrayal to have occurred?’*

Perhaps “the greatest barrier to happiness is the wordless sense that happiness is not our proper destiny” (Branden, 2004). Rallying forces such as fate, synchronicity and intuition, the client must grapple with lingering doubts and predestined forces that challenge their progress. When examining one’s personal monomyth, there are several ways to engage “the benign, protecting, power of destiny” (Campbell. 1971. p. 66). One therapeutic approach to engaging the supernatural aid is examining models of those who have gone through challenges like their own. “We have not even to risk the adventure alone, for the heroes of all time have gone before us. The labyrinth is thoroughly known; we have only to follow the thread of the hero’s path” (Campbell. 1971. p. 66). Reading stories



such as Aesop's fables, biblical stories and any myth or story will reveal metaphorical clues to discovering guideposts that may act as a support along one's journey.

In addition to examining stories, myths and legends for a better understanding of one's inner guide, the implicit mental representations that surface in one's dreams may provide metaphorical direction that might not otherwise be conscious. There are many theories of dream analysis. Sigmund Freud suggested dreams are "the royal road to the unconscious" (Freud, 1900) providing a connection to one's inner world. Freud considered the dream to be a "succession of images whose function is to reduce tension by reviving memories of past events and objects, that are associated in some way with gratification" (Hall, 1982). The dream message formulates the tension reducing imagery and offers insight into one's repressed wishes. It is the supernatural aid that guides the resolve of psychic tension and generates the approach and object of one's implicit "wish-fulfillment" (Hall, 1982). To Jung, dreams are a message expressed in a cultural, mental glyph. Jung theorized dream imaginings consist of archetypal images and motifs. From the perspective of Gestalt Therapy, the counselor and client veer away from interpreting the dream, instead encouraging the dreamer to amplify the images in their dreams through role-playing. Role-playing allows one to experience the dream in a multisensory fashion and is especially effective for integrating polarities. "Dream is the personalized myth" (Campbell, 1972).

Using a dream journal or a dream analyzing application, one may track themes and symbols that may contain clues to one's supernatural aid within one's Personal Monomyth. The Directional Archetype Assessment (DAA) is another tool designed to specifically illuminate how one's metaphorically extended spatial perspectives are projected onto one's cognitive domain. For



instance, dream images or results of the DAA that point one's attention to the 'up' and or 'down' direction may be metaphors for extraordinary signs of hope or dispiriting signs of dejection respectively.

Paying attention to synchronistic events is another, more spontaneous approach to harnessing "*la forza del destino*," the force of destiny. According to Jung, "meaningful coincidences form a guiding principle to navigate through life" ("Introduction to Synchronicity | Jung Platform", 2021). Synchronistic events are situations that appear meaningfully connected yet lack a "causal connection" (Jung & Pauli, 1955); where one recognizes and appreciated "the co-occurrence of two external events linked not by cause and effect but instead by their shared and emotionally charged significance" ("Introduction to Synchronicity | Jung Platform", 2021). Methods of identifying one's supernatural aid includes recognizing the interconnected nature of one's environment and their unconscious and harness "the potential to activate, energize, and focus unconscious processes" ("Synchronicity: Nature and Psyche in an Interconnected Universe by Cambray, Joseph", 2010). Jung spoke to the power of discussing coincidences associated with dream imagery.

During a class facilitated by Jung, "there was a presentation by one of the seminar participants (Dr. Shaw) of a relevant dream from the night before the initial discussion but directly on the amplificatory topic. Meanwhile, the patient had during this time inexplicably produced drawings of a bull's head with the solar disc between the horns. In addition, Jung had received a letter in the mail from a friend in Mexico who had just been to a bullfight—the letter was posted about the time of the class when the



topic was first broached. In response to the clustering of these events Jung speaks of the dream as a “living thing” but notes it would be “a mistake to consider them as causal; events don’t come about because of dreams, that would be absurd, we can never demonstrate that; they just happen” with “a sort of irrational regularity” ("Synchronicity: Nature and Psyche in an Interconnected Universe by Cambray, Joseph", 2010).

Synchronistic events are congruent with Cambray’s description of ‘Emergence,’ a term that is used across many traditional academic disciplines. Emergence results when “interactions among the parts produce behaviors that are greater than the sum of the interactions but also manifest new, unexpected higher levels of functioning and order in the process of adapting to their surroundings ("Synchronicity: Nature and Psyche in an Interconnected Universe by Cambray, Joseph", 2010).

Archetypal metaphors from literature that resonates with one’s Personal Monomyth, dream interpretation, the Directional Archetype Assessment and paying attention to synchronicity and emergence are all methods for discovering one’s supernatural aid. Discovering one’s mentor and supernatural aid to advance in therapy may be powerful but it is not always enough to motivate continuation in counseling. Some remain in the contemplation stage of change for an exceptionally long time. This may be because the changes required to transform ideas into action may seem unachievable. It is important for clients to understand that one does not transition from contemplation directly to the action stage of making change. One must prepare; train if you will, for the goal of achieving a preferred self-concept.



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- Identify a story, myth or legend and correlate key points to your own tribulations and triumphs.
- Describe the key results of your “DreamVisions” analysis.
- What elements could be interpreted as wish-fulfillment?

Describe imagery or themes from your dreams that are archetypal ... (relatable to nearly everyone, across cultures and geographic lines).



- Who is a hero or role model of yours and why?
- How will your role-model assist you along your journey?
- Compare dream images to another source such as an image from a myth, from art, or literature. Examine it from various points of view.
- Describe a synchronistic emergence in your life and draw a metaphorical conclusion about your future



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- In what ways shall you adapt your behaviors to the immediacy of your needs.