



A HERO'S JOURNEY

*By Sylvie Lapointe
November 2021*



We had been to the hospital and doctor's offices a dozen times with my daughter since the beginning of 2020 for symptoms pointing to possible heart failure. She had an open-heart surgery few years prior and there had been many complications. I was anxious and exhausted.

On a whim, I decided to book a plane ticket and a hotel room in a small village in Mexico to join my father who was spending the winter there. He was going to celebrate his 90th birthday on March 8th and I wanted to be with him on this momentous occasion. I made the trip on my own because I needed some sun and solitude to recharge my batteries.

I was sitting on the balcony looking out over the turquoise sea, finally finding some peace, when I received a text from my daughter: COVID-19 – WHO declares a state of global pandemic! Just two days after the pandemic was declared, all my work contracts were canceled, one after the other. I found myself without income for the indefinite future.

I was in shock.

What do I do now?

How are we going to survive financially? Is this the end of my consulting company? I just celebrated 10 years in business!





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Upon my return from Mexico, I put myself in isolation to protect my family. I had fourteen lonely days to reflect. I was in mourning. So, I started to journal to make sense of the roller coaster of emotions. Unbeknownst to be me at the time, this would be the beginning of my new book, [Live Your Life](#), a guide to traverse the twists and turns of life.

So many of us have navigated the waves of change and grieved losses, big and small, in the last 18 months. Yet here we are. We keep on keeping on.

Joseph Campbell has coined the phrase “the Hero’s Journey” to describe the process we go through when we face a significant crisis in our lives that changes us profoundly. Campbell is not referring to super-heroes like Superman or Wonder Woman. “A hero is someone who has given his or her life to something bigger than oneself,” writes Campbell.

Anyone can become a hero whether they set out on a transformative journey on purpose or by accident. The Hero’s Journey involves painful evolution, which Campbell says is the prerequisite to greatness. Persevering, even though we are scared and tired, reveals to us strengths and qualities that were dormant. We struggle and we learn as we adapt to the new situation. We discover aspects of ourselves hidden until then.

We are everyday heroes. Those of us who lost a job, overcame financial hardships, moved on from a broken relationship, faced a scary health diagnosis like COVID or cancer, or grieved the death of a family member have been on a Hero’s Journey. You are stronger than you think.

My book [Live Your Life](#) is a wellness guide to give you tools and inspiration for your own “Hero’s Journey”. You can purchase it [here](#).
