

# Your Personal Myth

Before every journey, we look at the road map and connect our present location with our destination. The route we take is our present trajectory. At every stage of our life and personal development, we have a unique trajectory to reach our destination. This trajectory connects the dots between our present situation and our future destiny. The roadmap for this personal Odyssey is provided by our personal life myth.

Your personal myth is a gift of your Soul so that you may align yourself with the intention of the Spirit and fulfill your role in the bigger picture of the Universe. Hindus call this one's Dharma or Spiritual Calling. For each of the stages of our life, we get the guidance from our present personal myth or Soul's program. When we are children, our personal myth is a mother myth or a father myth. It is embodied in the child's fascination with the fairytales depicting the Queen or the King, or the wicked witch or the

Giant. When we are young adults, our personal myth evolves into the Warrior myth. Now we are fascinated by the stories, books or movies about the Hero or Heroine like the knights or the Princess. Later, when we are ready for a relationship, the myth of the lover or Eros guides our path. Now fairytales, movies or artwork depicting the lovers catches our imagination. Next unfolds the myth of the trickster that helps us find our own voice and identity. Stories like the Merlin resonate with us. Then we move into our leadership potential and the stories of the virtuous or the villainous king or queen captures our imagination. TV serials like the King capture our interest. Later, we move into the life stage of the teacher, mentor or guide. We are now fascinated by stories and images that depict existential themes of higher order, life after death and our role in the bigger picture capture our psyche.

This personal myth speaks to us via our dreams or day dreams, our accidents or synchronicities, our complexes or hang-ups, our medical and psychiatric symptoms, our relationship patterns with friends or foes. It manifests in our antipathies or fascinations. Sometimes it manifests in artistic or creative productions, like a painting we draw or a piece of scribble when we are absentminded. Sometimes it grabs us as interest in a certain painting. One of my

patients encountered a painting at age 50 at a local art museum that suddenly grabbed him. He had seen it as a young college student at the Chicago Art Museum. He talked about this painting called the Castigation of Eros for many sessions in his therapy. It depicts Ares-the God of war whipping Eros, the god of love mercilessly. Venus intervenes to protect him. This image was my patient's guiding personal myth at this stage in his life. He was a workaholic surgeon with little room for love, play or creativity in his Ares driven life. Venus symbolized his anima function or the inner feminine that protected him and gently guided him to engage the unlived sectors of his life and balance it. Initially, Venus manifested as depression and an affair with an associate, but later, he moved to more soulful and creative sectors of his life. He now started to trim his work and engage his interest in music, flying small planes as a hobby; something he did during his tenure in Vietnam War as a flight surgeon.

Each one of us must stay open to the emergence and guidance of our personal myth. If we are receptive to the whispers of our souls, it will speak to us via our dreams, day dreams, fascinations etc. However, we must keep the channel open to receive this guidance. We can optimally do this by a spiritual attitude,

respectful of the psyche; create sacred space in our life to receive the grace of the Spirit. We need a time to be quiet, to reflect, to meditate, to journal our thoughts, feelings and dreams. We must make time to play, pray, engage some aspect of our creative potential. We are well served by honoring the art, culture and contemporary and classic movies and books. We do not have to go looking for our personal myth. It will find you. Just stay open. Honor the "NOT KNOWING." *Not knowing* is a path to deeper Knowing. Pathological Certainty is the biggest obstacle to personal growth and achieving our deepest and highest potential. In India there is a saying that a half full cup splashes about more than a full cup. People who know a little are noisier than the wise ones.

## Discover Your Personal Myth

- Day Dream
- Fantasy
- Dream
- Synchronistic Event
- Medical & Psychiatric Illness
- Hang ups
- A Fascinating Relationship
- Encounters with Art
- Movies
- Creative Contents

**ASHOK BEDI, M.D.** is a Diplomat Jungian psychoanalyst and a board certified psychiatrist and addictionologist. He is a Distinguished Fellow of the American Psychiatric Association; a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a Training and Supervising Analyst and a faculty member at the Analyst Training Program at the Carl G. Jung Institute of Chicago. He is author of several books including Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003. These and his other upcoming presentations can be previewed at his website

[www.pathtothesoul.com](http://www.pathtothesoul.com)

Dr. Bedi specializes in treatment of adults with emotional, relational, addiction and psychiatric problems. He uses a Jungian analytical psychotherapy and psychoanalytical treatment models, not only treating the symptoms, but the underlying psychological and spiritual issues that feed these problems. Medications are used when appropriate but I believe one must also attend to the underlying issues in psychotherapy or psychoanalysis.

