

WELCOME



**A nonfiction course
for sacred experiencers**



SHARING YOUR
Sacred **EXPERIENCES**

**with Bridget Cook-Burch
New York Times & Wall Street Journal Bestselling Author & Mentor**

The Power of Story...











Ultimate Clarity

▶ **What are you writing?**

- ▶ One major topic per book or speech
- ▶ One “Mighty Message” One book, one topic
- ▶ For a book, two or three threads of story is delicious!

▶ **Don't be afraid to tell an EPIC STORY.**

- ▶ It's how humans learn
- ▶ Make it real and raw and authentic
- ▶ Show your inner battles and outer battles...and how the twain *must* meet!



Ultimate Clarity

- ▶ Why are you writing?
 - ▶ Your Ikigai

生き甲斐



I AM THE LEFT BRAIN

Decisive!
011001011 LOGIC

Accurate
ANALYTIC

REASON
1 2 3 4 5 6 7 8 9

PRACTICAL
Strategic

CONTROL

SCIENCE

Realistic
Brain



I AM the Right Brain!

Intuition
Love LOVE Love

thou art
Poetry

FREEDOM

Passion
vivid

creative

YEARNING

PEACE

TOOL #1

Chronological Timeline

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Your Inspired Story



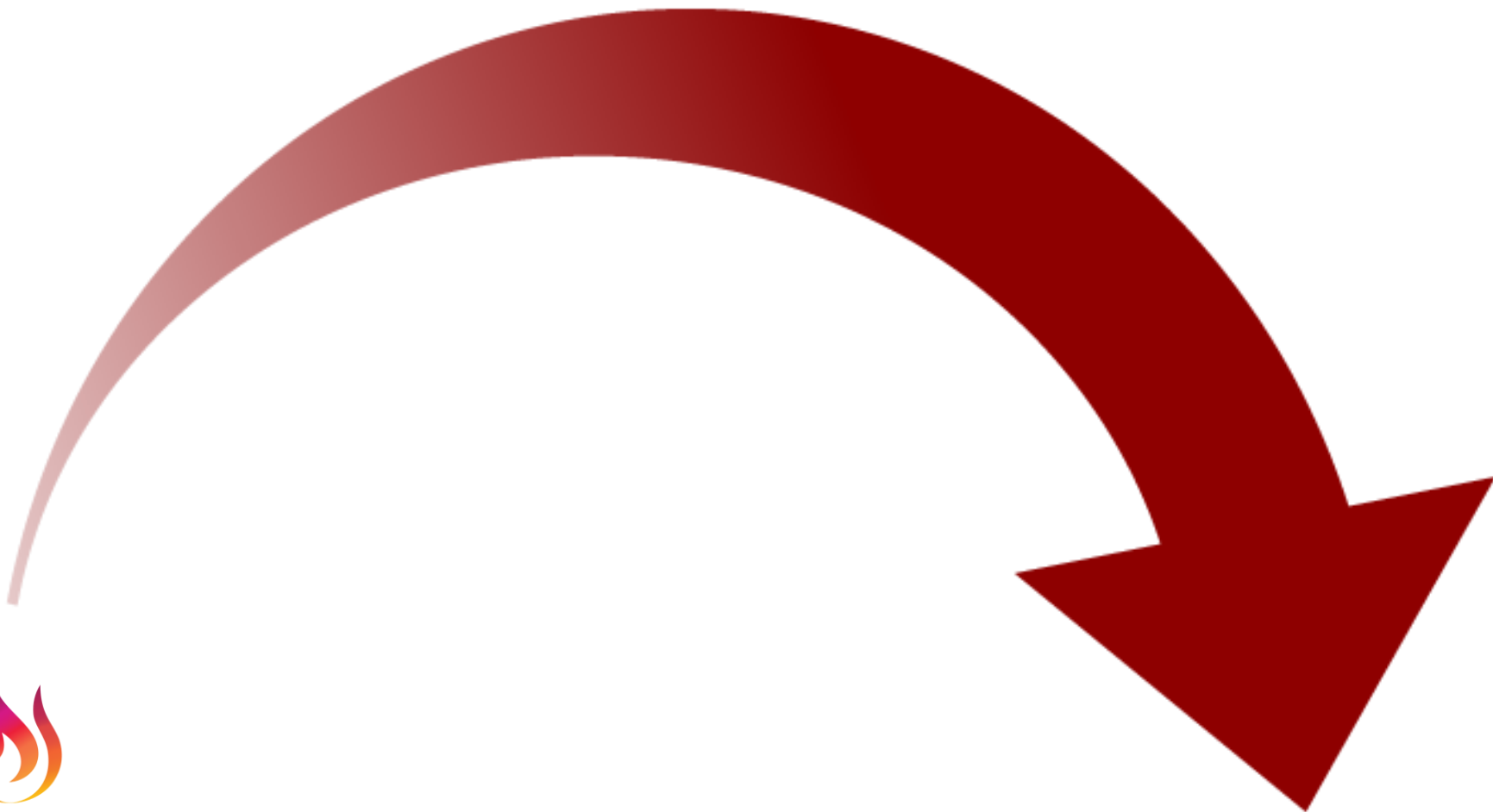
TOOL #2

Conflict Character Arc

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Your Inspired Story



Conflict Character Arc



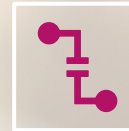
Conflict Character Arc



The Goal: Every main character has a goal. It might be to fall in love. Or it might be to make as much money as possible. Either way, their journey will be hindered by...



The Lie: A deeply rooted misconception they have about themselves or the world that keeps them from reaching their true potential.



The Massive Conflict(s), created from the lie, overcoming and learning...



The Truth: While the character may have their own plans, the positive change arc has its own goal: self-improvement. This is achieved when they learn to reject The Lie and embrace The Truth.

*Let's
Share!*



TOOL #3

The Three-Act Play

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Your Inspired Story





The Three Act Play

ACT ONE	ACT TWO	ACT THREE
<ul style="list-style-type: none">• Think hook! Fascinating, gripping, astonishing action.• Let the readers fall in love with protagonist (or you)• Decide your Inciting Incident• Weave the protagonist with other main characters• What is my GRIPPING PROBLEM that must be solved?• What is the Inciting Incident that created the problem?	<ul style="list-style-type: none">• The Gripping Problem has gotten worse or dangerous.• You are now trying to solve the complicated problem.• Your adversaries (or obstacles) must be in motion against you in this act.• AT the end of this act is the Dark Night of the Soul, or the destruction of your protagonist's plan (or your plan). This is your low, low, low point. The dragon has you in its teeth.	<ul style="list-style-type: none">• Here you resolve the problem, wield the sword, and slay the dragon (defeat the antagonist)• You come back to the 'ordinary' world, but this time you have gifts to share. What are those gifts and how do they show up?

TOOL #4

The Hero's Journey





THE HERO'S JOURNEY



Believe in the Power of Your Story to Change the World.







Welcome to the Hero's Journey!

In the Hero's Journey, there are twelve steps for the writer that can illustrate powerfully for the reader both an inner journey and an outer journey.

In each step along the journey, pay attention to the inner battles as well as the outer battles, the inner tests and the outer, and the inner triumphs as well as the outer.

Both will be transformed.



The Hero's Journey for Storytellers...



- ▶ Step 1: Life in The Ordinary World
- ▶ Step 2: The Call to Adventure
- ▶ Step 3: Refusal of the Call
- ▶ Step 4: Meeting with the Goddess or the Mentor
- ▶ Step 5: Crossing the First Threshold
- ▶ Step 6: Tests, Enemies and Allies
- ▶ Step 7: Approach the Inmost Cave/Dragon's Lair
- ▶ Step 8: Ordeal, Descent, Final Push, The Sprint
- ▶ Step 9: Seizing the Sword (Treasure/Reward)
- ▶ Step 10: The Road Back Home
- ▶ Step 11: Resurrection, Apotheosis, Renewal
- ▶ Step 12: Return with the Elixir of Life



The Hero's/Shero's Journey



1. Life in the Ordinary World



1. Ordinary World

This is your ordinary, everyday life. You explore looking at life through your own eyes, in your own beliefs, seeing home for what it has been for you about which the reader has no idea.



The Hero's/Shero's Journey



2. The Call to Adventure

2. Call to Adventure

Although you've been living your story, this true, heroic adventure doesn't truly begin until you receive the Call to Adventure.

AKA:
Call to the Quest

Or
The Inciting Incident



The Hero's/Shero's Journey



3. Refusal of the Call

3. Refusal of the Call

At this stage, you might not like being forced to take action—in fact, you probably won't.

AKA:
The Reluctant Hero



The Hero's/Shero's Journey



4. Meeting with the Goddess or the Mentor

4. Meeting with the Goddess

AKA:
Meeting with the Mentor

AKA:
**The Boon or the Gift to Continue
the Quest**

In a series of roller coaster ups and downs you will illustrate in your book, this is one of the most crucial turning points.

You've hit such a personal struggle that you cannot go on...

...and then a mentor steps in.



The Hero's/Shero's Journey



5. Cross the First Threshold

5. Crossing the Threshold

Now that you have the needed courage, strength, training, resources, spiritual or emotional determination, you are ready to move forward in your quest. Vogler explains it nicely: "This is the moment that the balloon goes up, the ship sails, the romance begins, the wagon gets rolling."



The Hero's/Shero's Journey



6. Tests, Enemies & Allies



The Hero's/Shero's Journey



7. Approach the Inmost Cave

7. Approach to The Inmost Cave

AKA:

Approaching the Dragon's Lair

AKA:

The Dark Night of the Soul

This step cannot be overstated. One the journey of ups and downs, twists and turns, the Approach to the Inmost Cave is one that is most vital.

This stage often represents the inner battle. This is when you must face your deepest, darkest secrets, shadows and fears *within yourself*.





The Hero's/Shero's Journey



8. Ordeal, Descent, Final Push, The Sprint

8. Ordeal, Descent, Final Push, The Sprint

AKA: The Belly of the Whale



This step most often describes the sinister and intense outer battle. In this context, you might face a dangerous physical test—or an even greater test than you thought possible which comes up against everything you learned about yourself in the dragon's lair.

When you are the Hero, you must envision both the big outer and inner battle where you fight for your very life or soul—or both.

The Hero's/Shero's Journey



9. Seizing the Sword (Treasure, Reward)

8. Seizing the Sword, the Treasure or the Reward



Now that you have defeated the enemy, survived death and finally overcome your greatest personal challenge, you, the Hero emerges from battle a stronger person—and often with a ‘prize’ of sorts. This is your Reward, your treasure, often symbolic of the plethora of great wisdom you’ve earned along the way..

The Hero's/Shero's Journey



10. The Road Back Home



The Hero's/Shero's Journey



11. Resurrection, Apotheosis, Renewal



The Hero's/Shero's Journey



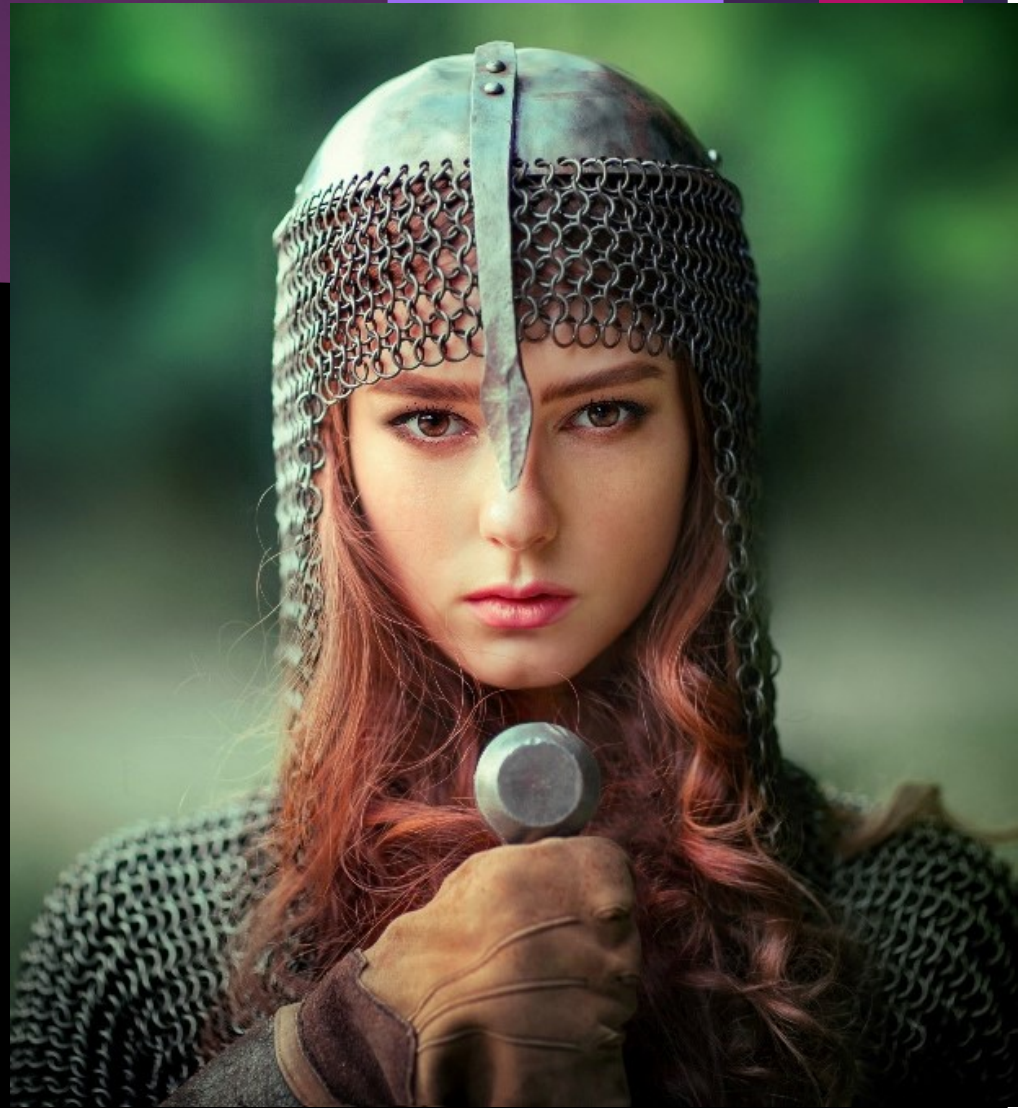
12. Return With the Elixir of Life



Return with the Elixir of Life, cont'd

- ▶ Here's where the final transformation is complete.
- ▶ You've transformed because you have won both your inner and outer battles. You've arrived home, but you will forever remain the Hero...

...at least until your next Hero's Journey.



YourInspiredStory

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Transformational Speaker
Passionate Humanitarian



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VITAL PERSONAL QUESTIONS

Do I include the person's real name in our family history?

It depends on your venue and your intent for publishing:

1. If you're publishing a book for a national audience, what is your intention for your family, long-term? Let that guide you. Pass the intention along to family members involved.
2. If this is for your family history only, and being passed onto another generation, please **don't** change the names! You will create another family history nightmare!

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VITAL LEGAL QUESTIONS

Do I include the person's real name in my book?

1. Consult an entertainment attorney.
2. If it's a matter of public record, you can more easily include those details in your book without changing names.
3. Show-me stories can be more protective and powerful.

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"Some people play victims of crimes they committed."

EXERCISE #2:

Ask yourself:
What honest feelings do I have about this person or situation?



Discover Your HERO's Journey



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- *You thrive in a collaborative environment.*
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*Where will your
writer's journey take
you next?*

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YES, PLEASE!

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