[**Breath Mastery Fundamentals Day 3**](https://www.o2collective.com/products/breath-mastery-fundamentals-2/categories/553754)

Module 24 **Cycles and The Hero's Journey**

The penumbra effect. Why Star Wars was the most popular movie in history. You can’t find a culture on the planet that didn’t like the movie Star Wars, the original movie, Star Wars.

If you think about how brilliant that movie was, how psychologically, how they locked in, how they zeroed in on these universal things that every culture, every person feels, the hero’s journey. And so look at the movie, I forget the movie, parts of it, but in the beginning, Luke Skywalker was invited to learn about the Force. But he had to go visit his uncle on some planet, and he had plans and it couldn’t happen.

So that’s the first step in the hero’s journey; you are offered this gift and you refuse it. And you always have a good reason, and life, I have kids, I don’t have time, I have to go, I have things to do, my business. We always have a good excuse. When the gift is offered in the classic hero’s journey, it is first refused.

But then in Star Wars, the planet that his uncle lived on got blown up. Well, there goes his excuse. And so then he was offered the second invitation and he accepted it. I’m probably going to miss pieces of this. So now, you’ve accepted the gift.

[break in video/audio]

And everybody’s depressed and you enter this dark night of the soul. And so here you are, and you have this brilliant, this inspiration. You’re bathed in this amazing bright a-hah. You’ve got your vision. What are you going to do? I’m going to create this amazing thing and I’m going to cure cancer, or whatever it is. And you’re really in the light of this beautiful inspiration and you start on the journey. And here’s that penumbra effect, as you start to move, you come into the zone of darkness, the dark night of the soul. And here you’ve got momentum, all this inspiration is driving you. Guides and helpers are coming along, you’re developing your skills and your abilities and you’re even accelerating maybe.

And then you get out of the light, you’re in this penumbra effect and you’re in the dark night of the soul. And this is where most people stop and get lost, they lose their inspiration, their teacher isn’t around, they’re just stuck. And most people just stop here and the dream dies. If you can maintain momentum through here, at some point, you pop back into the light. And the more often you can go through that period. So you have to plan on it, you have to plan that you’re going to enter this dark night of the soul. And so you create a strategy.

One of the things is when you are in the light of this original inspiration,  you sit down and you write a letter to yourself. Actual physical letter. All the feelings, all the visions, all the beauty, the emotions, the feelings. And you write this letter to yourself. And when you enter this dark night, you take the letter out and you read it to yourself. Or you have a person’s phone number who when you formed that vision, and you said, you know at some point, I’m you know, and you call that person up. And they reawaken your passion, your inspiration, your enthusiasm, they support you through that dark night.

Now when you enter this dark night, there are three. And all of the classic art type things, there are three things. One is that you rely on your teacher. You get strength from your teacher. The other is you trust in the process. In other words, you trust in ‘the force’. You trust in the teachings of your teacher, you trust in your training. And the third thing is that you turn to this power in yourself.

In Star Wars, in most stories, one of these things is how the hero gets through. In Star Wars, they used all three. No wonder it locked so deeply into everyone’s psyche. In Star Wars, Obi-Wan Kenobi, appeared to him and reminded him, he decided to actually focus on the force and he found this power in himself. In some stories, we just find the power in ourselves, and that’s what gets through. In other stories, we just allow God to move us. We surrender to the force. And in other stories, the teacher comes in and helps us. Star Wars used all three. Brilliant, brilliant writing of the film.

But the lesson is, this is going to happen. Plan on it. Be prepared for it. And get comfortable with going through it. The more and more you go through it, the better. Most people think of things as ups and downs, ups and downs, ups and downs. Or back and forth, back and forth. And it’s like, we’re stuck going back and forth, up and down. But those are both actually, it’s a round and round, occurring. Here’s the up, here’s the down, here’s the back, here’s the forth. What’s actually trying to occur and what is happening is around and round, not an up and down. It’s not a back and forth. It’s around and around. And if you get comfortable with that around and round, then something, this becomes an expanding spiral in a way.

Down cycles are as much a part of growth as up cycles are. And we waste a lot of energy by trying to avoid down cycles. We used to play this game, we had an amusement park where there was a cage, and it was like a swing but it was a cage. And two people could stand in it and there was a bar. At first they help you get it going and you’re rocking in it. But then as you start to really go, you go [up and up until you almost go all the way around] until the first time you finally go through and now you start going through, it’s a yee-har. And when you’re coming to that down, you’re helping that down, you are chomping down, you are pulling down. You are not resisting the down cycle. You are using it. And then when you hit bottom, it’s hitting bottom and then bouncing up, it’s passing through that point. And it’s exhilarating, its’ exciting and it’s easy and it’s fun.

And so this, circular breathing. Establishing an energetic pattern and getting comfortable with it. And something’s happening to our system. We are growing in an ability to surrender to some natural force. And the down cycles and the dark night of the soul, actually becomes this winter season where we’re resting and going into our cave. And then spring comes. So it’s being repeated in many ways in the world and in many ways in nature, this is a cycle. And we want to get comfortable with it and celebrate it and enjoy it.

When I was stationed in [place], the best boxer, he was a navy boxing champion, I was the navy pool champion, and he said ‘hey, why don’t I teach you to box and you teach me to play pool’. A pretty good trade. Until the second day, when at lunch time I would go to the gym and he beat the shit out of me. And then, at 5 o’clock in the afternoon, we’d play pool for an hour. And after the second day, I was going, man who agreed to this trade? And I was resisting and after a while, it was hilarious, because you know, he’d [hit me in the face] and he goes, “you know, you don’t like getting hit”. And I go, “of course, who likes getting hit?” and he goes “I love it!” “ Get outta here, nobody likes getting hit”. And so much of my energy was going towards not getting hit, I didn’t have anything left to hit him with. And it was just ridiculous. Until finally, I stopped resisting getting hit and it wasn’t a choice, it was a sudden realisation that when [boom] when he hit me, I went wait a minute, that didn’t really hurt. It was stunning, it was even kind of numbing, but it wasn’t pain. And so what the hell am I afraid of anyway? And something just clicked and shifted in that moment. It was the letting go of fear for sure. But then after that, a-hah, I could actually volunteer to get hit. I could offer him a target, knowing he would buy into it and I’d be waiting. And so you know, you’re able to start to actually be conscious in those moments when before you were just closing your eyes and disappearing.

So this has applications on all levels. A fight could be an argument or could be a challenge of any kind. What are you afraid of and what are you avoiding? Can you come in to a comfort with cycles? You know in relationships, sometimes we’re so afraid to allow ourselves to experience somerhing or bring up something in the other person, there’s something we’re resisting, there’s something we’re afraid of. And when you just say “Oh, fuck it, let it come” and you realise you can survive it, well no more wasting energy there. And something just clicks.

[End of Video 24].