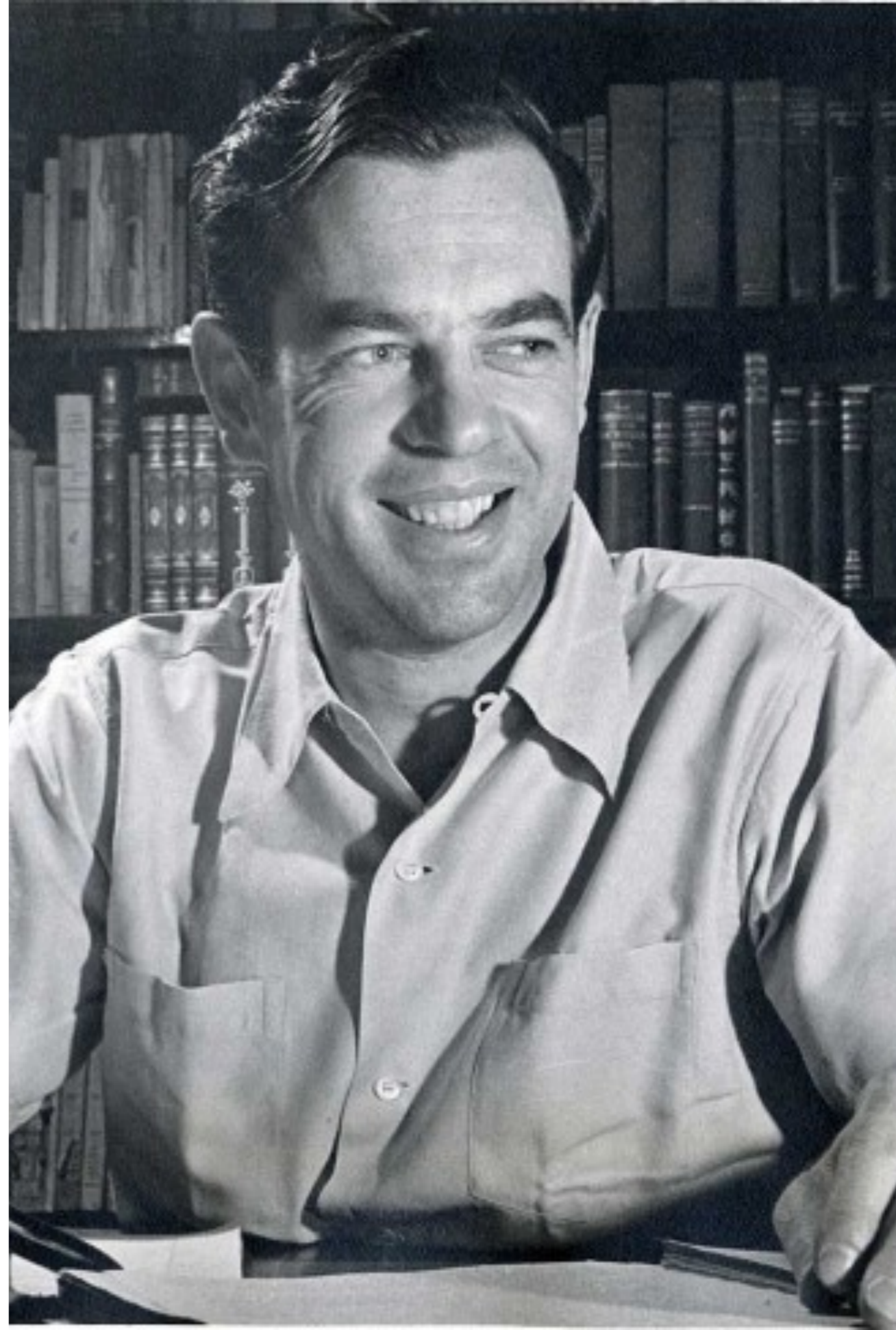


Not a Heroine's Journey

Stacey Simmons, MA, PhD, LMFT

Joseph Campbell

Joseph Campbell first described the Hero's Journey in his seminal work, *The Hero with a Thousand Faces* (1949). In it he outlines how the myth of the hero has the same basic structure across stories and cultures. This archetypal journey has been adapted in psychology, and all manner of narrative story telling.





Marie Louise von Franz

Marie Louise von Franz received a doctorate in 1934 from the University of Zurich, and worked closely with Carl Jung until his death in 1961. Besides being one of the founders and leaders of Jungian Psychology as a discipline, von Franz did extensive research into the origin of fairy tales and their psychological impact. She analyzed fairy tales as stories that demonstrated the continuity and inculturation of patriarchal domination. Her work continues to be relevant for her insightful examination of the symbolism in fairy tales and other foundations of the Western Canon.

Maureen Murdock

Maureen Murdock described the Heroine's Journey primarily as one where the heroine separates from her feminine self, and identifies with the masculine aspects of life. She goes on a quest, similar to hero, and encounters many of the same way markers as outlined in the Hero's Journey.

While there is value in identifying this as a manner in which women try to compete with men in patriarchy, it is insufficient to women's experience in patriarchal culture. It is not a stand-alone mythopoetic model for women's lived experience.



“Freeing yourself was one thing, claiming ownership of that freed self was another.”

-Toni Morrison

Divide et Impera

Divide and Conquer
Render and Rule

Phillip of Macedonia



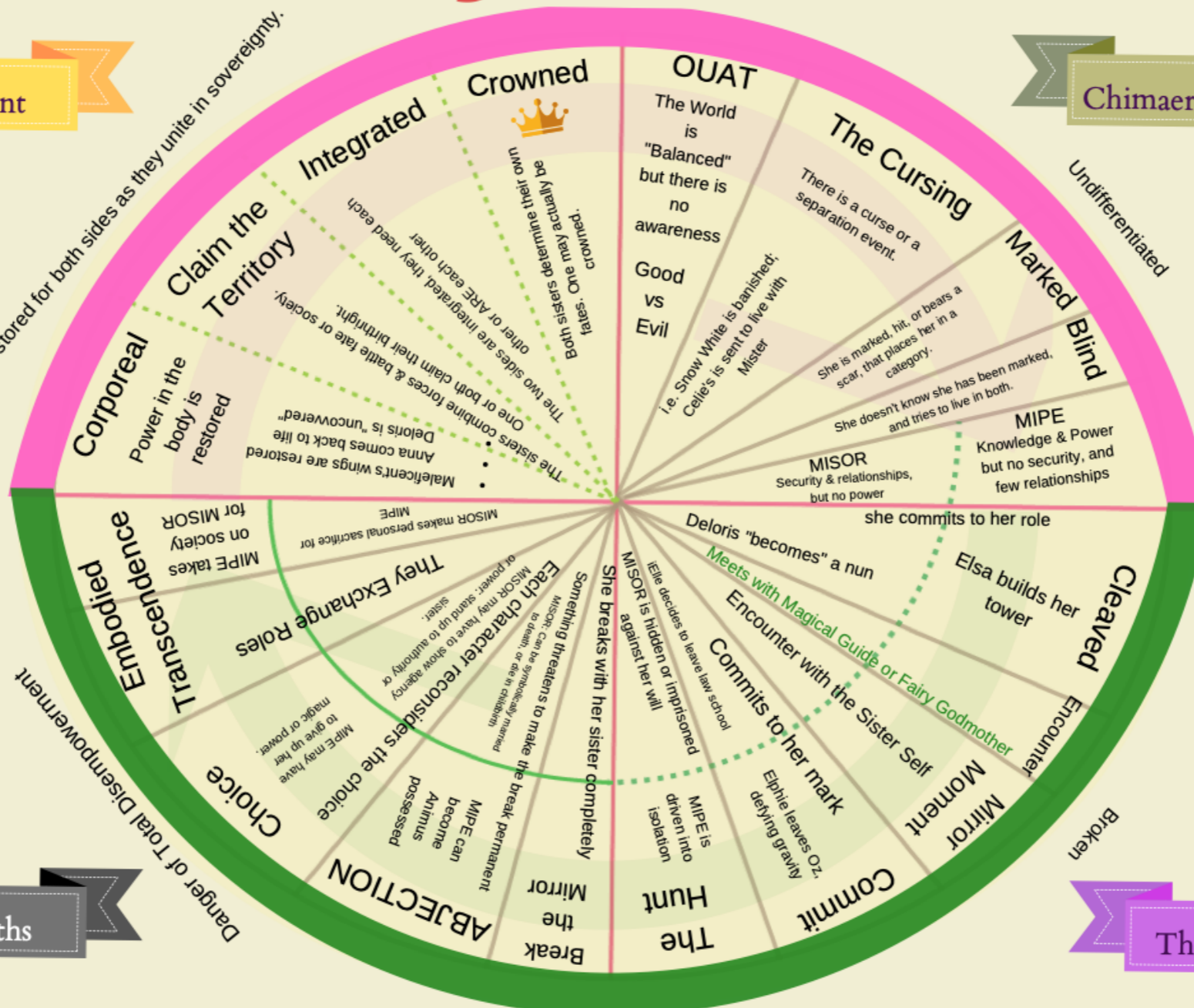


Resplendent

Once the two sides have come together in triumph, they recognize that they are polarities of the same sovereign Queen. In a story one or both may rule, in real life, a woman must integrate the abjected other.

Chimaeric Period

The Chimaeric Period is when there is no differentiation of the two halves. Both "sides" exist in the whole. But these are powerless and undifferentiated, unaware of their power.



In the Depths is where the darkest work takes place, and where each side can be lost forever. If the MIPE loses her inner battle she will become power hungry, or evil. If the MISOR loses she will become powerless, an eternal child, dependent, or she will die in childbirth.

The Depths

The Rendering

The Rendering begins the process where the woman begins to notice that she is different from other women. She is either a MISOR or a MIPE, she was usually assigned this role by her family or by society.

Every Story includes a tale of the Divided Woman

Attributes on Either Side of the Divide

- Be Available
- Pretty
- Effortless
- Agreeable
- Objectified, but preferably asexual
- Intuitive & Understanding
- Needs Protection
- Allows others to have power & authority
- Is like-able
- Her power is attached to a man, or to her family
- Has domestic skills
- Depends on someone for money

- Be unobtainable/aspirational
- Serious
- Work Hard
- Mysterious
- Desireable & Dominated or Dominating
- Knowledgeable & Powerful
- Strong & Unprotected
- Holds her own power & authority
- Confident
- Can do anything before her
- Has worldly skills
- Makes her own money

Two Sub Archetypes of the Divided Woman (not divided as Good/Evil or Light/Shadow)

Maiden in Search of Relationship (MISOR)

Magical Isolated Powerful & Endangered (MIPE)



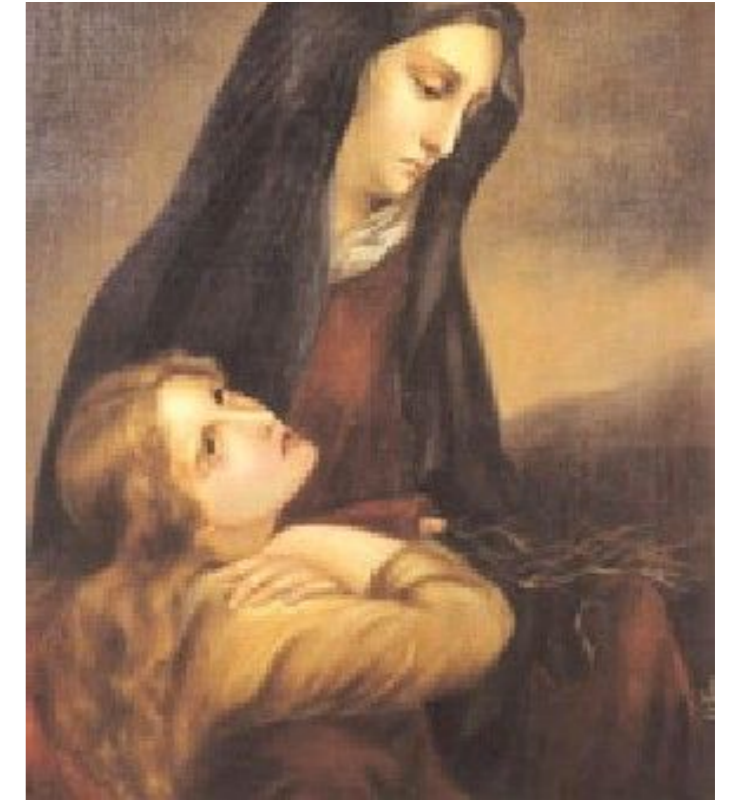
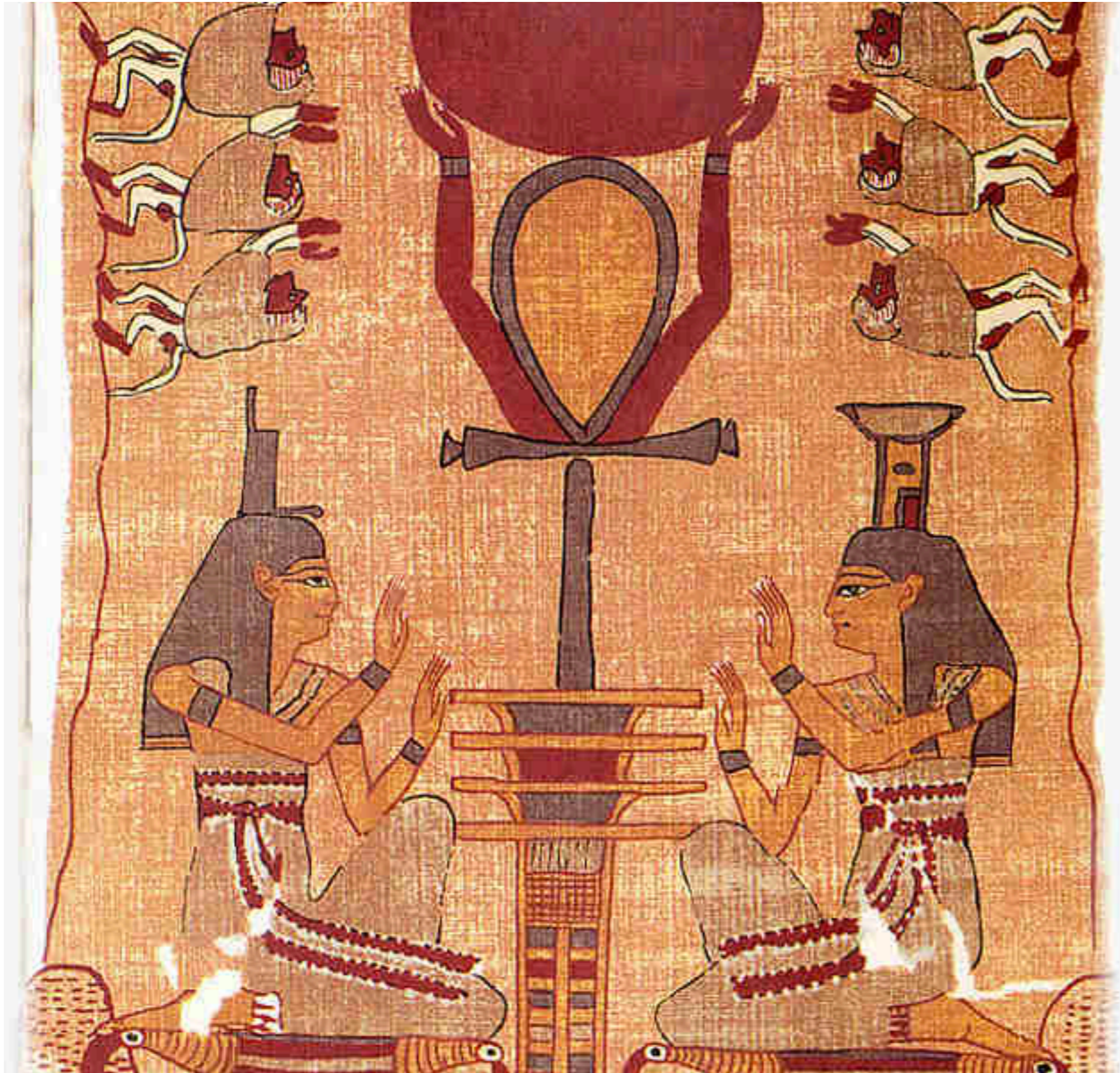
MISOR

- Typically an ingénue
- Idealized passive feminine
- Seeks relationships with other women
- Is agreeable, and always available
- Objectified, but preferably asexual
- Intuitive & Understanding
- Needs Protection
- Has no obvious magical powers
- Is like-able
- Her power is attached to a man, or to her family
- In stories may be cursed
- May have magical contact with nature

MIPE

- Often a witch, warrior, or magical creature
- Struggles with relationships
- Isolated by choice or culture
- Born with magical power
- May be portrayed as sexual, but not desirable
- Knowledgeable & Powerful
- Isolated & Unprotected
- Can be angry and hold a grudge
- Often shunned
- May “feel” cursed
- Avoids connection, often believing it will keep her or others safe, or because she fears being misunderstood
- May have magical power over nature

Divided Women in Mythology Across the Ages



Nephthys & Isis, Mother Mary & Mary Magdalene, Demeter & Persephone

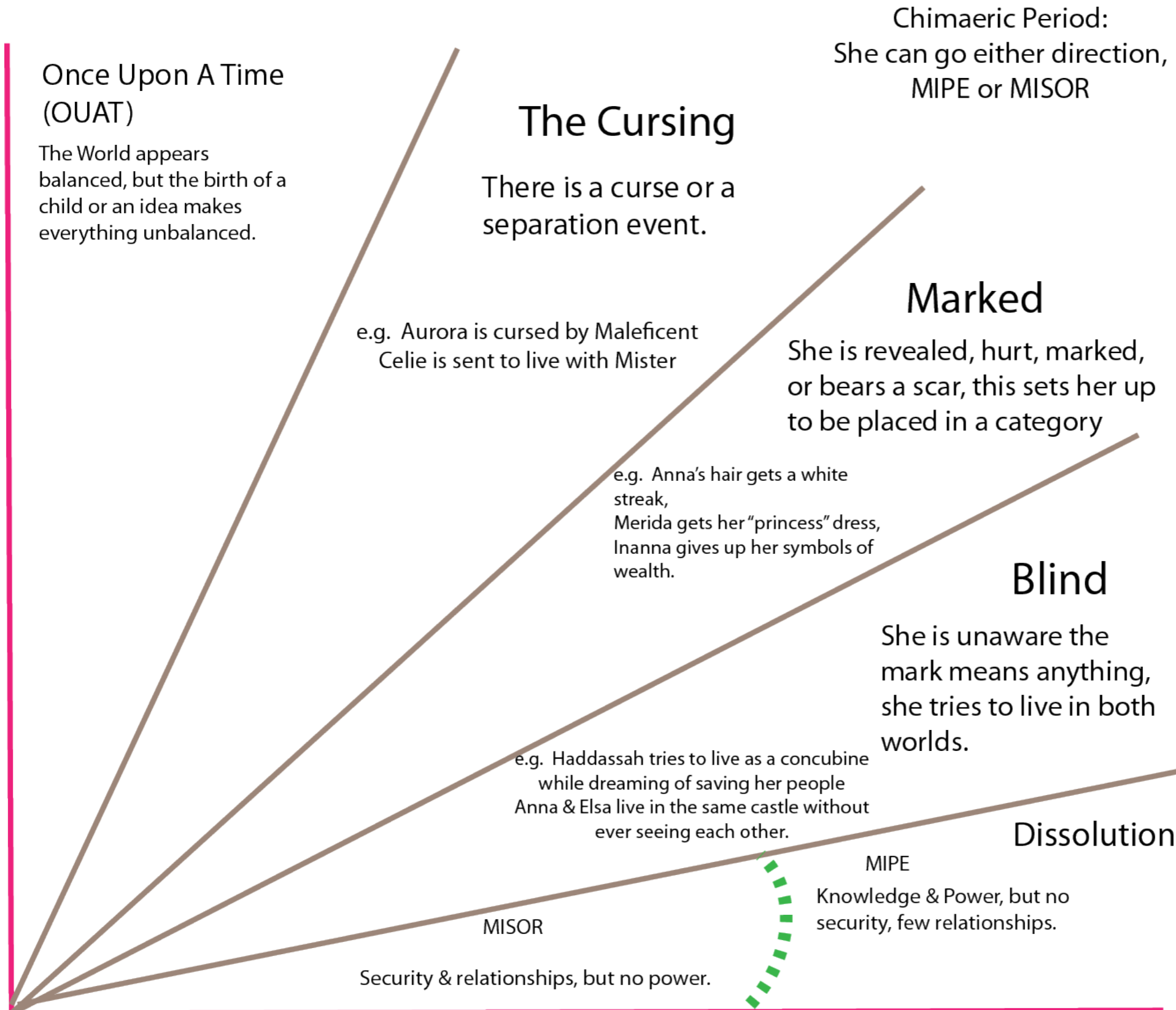
Famous Divided Women from Mythology

- Innana & Erishkigal
- Nephthys & Isis
- Lilith & Eve
- Mother Mary & Mary Magdalene
- Ariadne & Phaedra
- Demeter Erynis & Kore (Persephone)
- Emer & Medb
- Anu & Bridget
- Ashera & Anat
- Hathor & Sekhmet
- Hel & Frigg/Freya
- Brynhilde & Gudrun

Modern Versions of the Divided Woman



Quadrant I: Undifferentiated World of Visible Power & Form



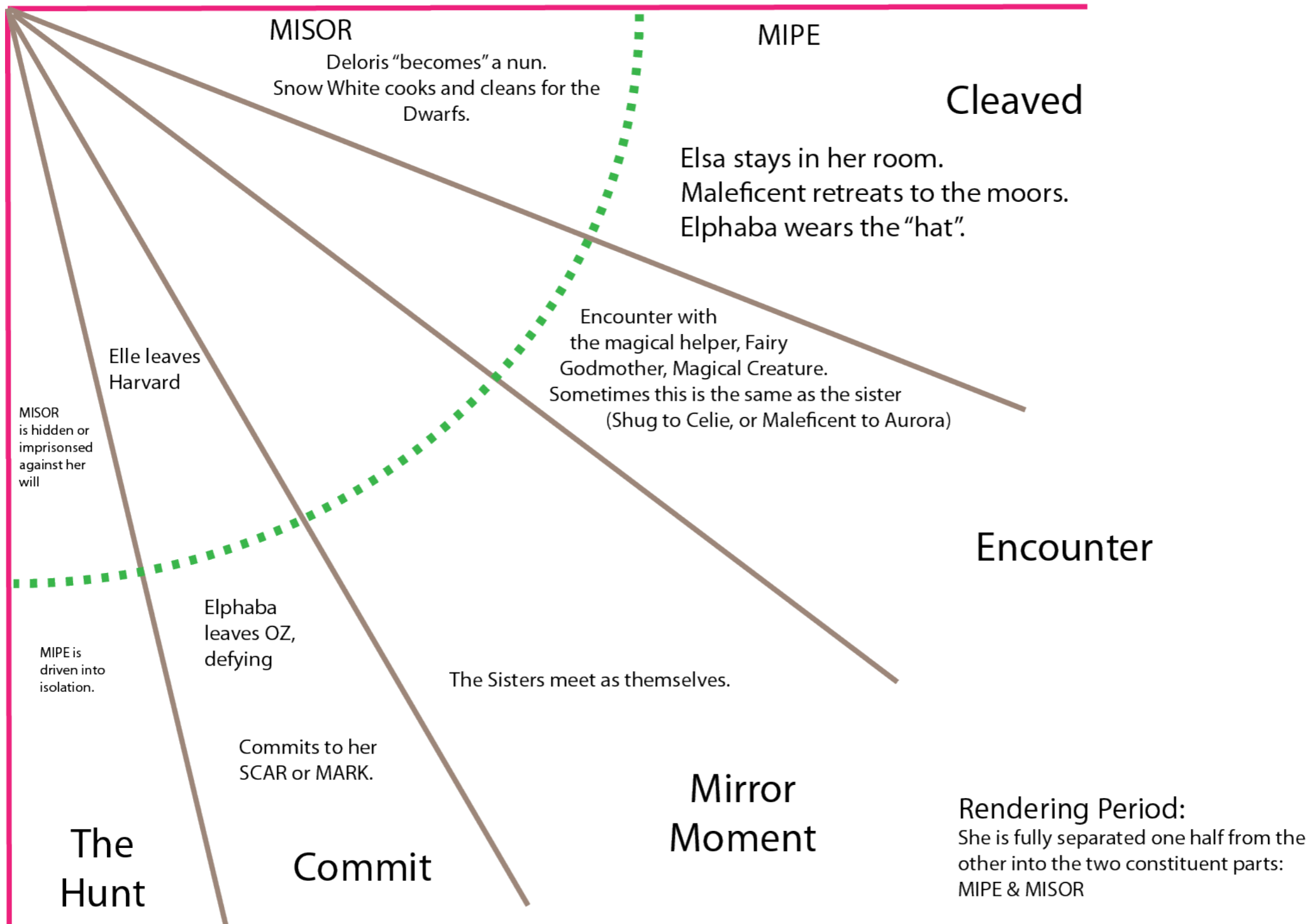
First Quadrant: Undifferentiated/Chimaeric

- Girl or Girls do not know that there is a separation coming.
- Things happen that indicate what is coming.
- In modern myth: marked, cursed, blinded, and ultimately divided.



Quadrant II: Broken World of Invisible Forces & Mystery

She commits to her role



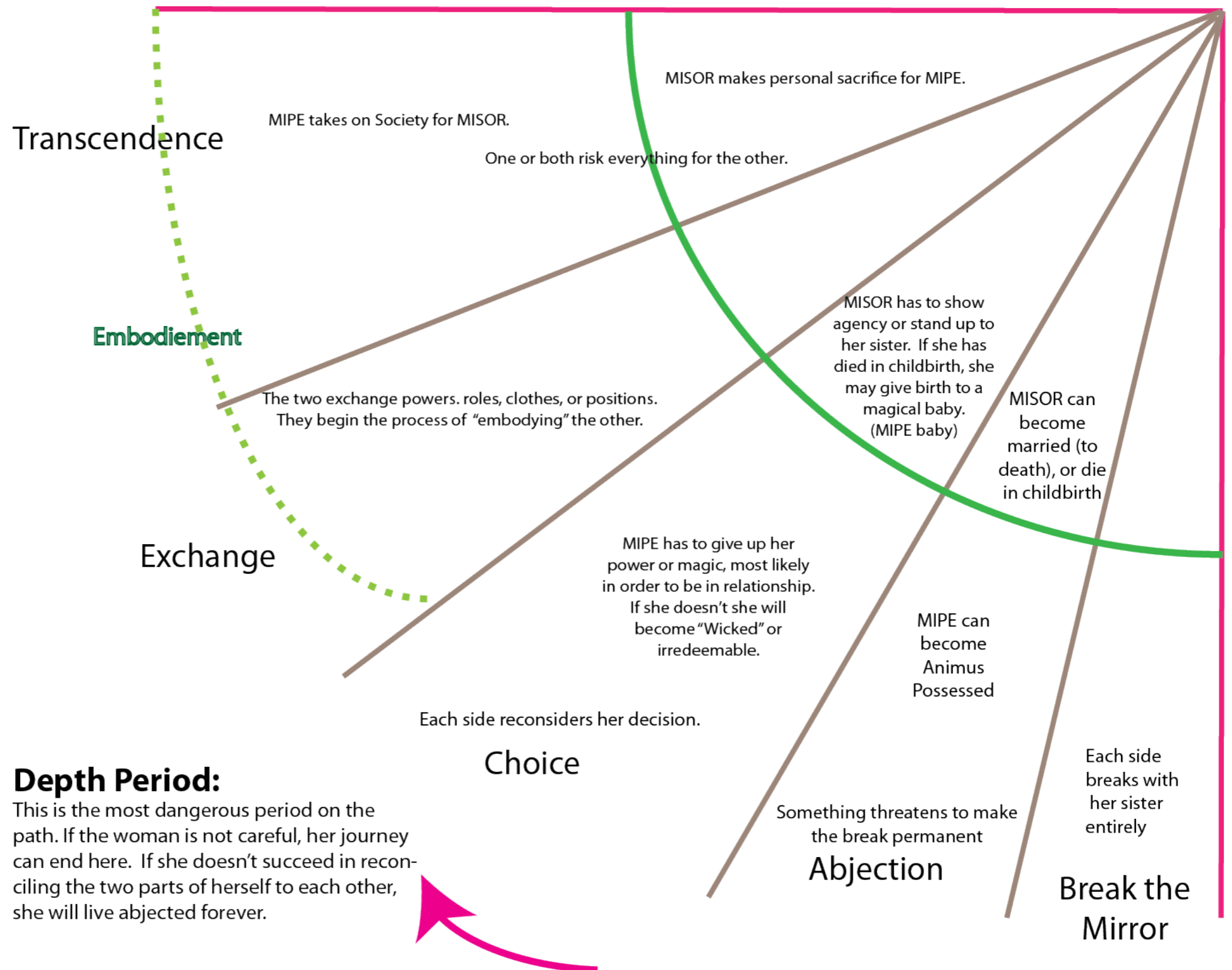
Second Quadrant: Rendered

- Girl or Girls start to experience the separation..
- Powerful forces compel the separation.
- The rendered woman/women settle in to the new role.
- they experience the Hunt or the Pursuit.



Quadrant III: Danger & Oblivion

World of Invisible Forces & Mystery



Third Quadrant: Danger: Isolation & HEA

- This is the danger quadrant, anything can happen here.
- MIPE can be killed, or banished forever.
- MISOR is forced into marriage, and/or Happily Ever After (HEA).
- Woman must confront herself, her reflection, and the divide itself if she is to transcend the divide.



Quadrant IV: Power & Sovereignty

World of Visible Power & Form



Crowned

Both sides gain sovereignty over their own lives. One may actually be "crowned" as the leader of the domain.

Integrated

The sisters realize that they need each other, or ARE each other. Each represents half of the sovereign whole.

Resplendent

Period:

Power is restored to both sides. The land or domain is brought into balance.

Claim the Territory or Crown

The sisters combine forces and fight for the crown or domain. One or both of them claim their birthright.

These lines are dotted because the two sisters share sovereignty, AND because these steps are especially non-linear.

This Period is marked by transcendent embodiment. E.G. it is Wonder Woman recognizing she is a Goddess and using her crossed arms in power, Jenna in *Waitress* realizing that motherhood is her power.

Corporeal

Power in the body is restored

Maleficent's wings are returned to her.
 Anna comes back to life
 Deloris can sing "uncovered", not a nun
 Celie confronts mister and curses him- healing is shown through Sophia

Fourth Quadrant: Embodied Transcendence & Coronation

- Sisters are reunited, through mutual sacrifice.
- Sisters or individual woman reunites powers.
- Transcendence happens in the body/of the body.
- Sovereignty is achieved by woman owning her self and her destiny.



The Sovereign Queen

- The Sovereign Queen is a balance between the MIPE & MISOR, though she may lean more towards one than the other.
- The Sovereign Queen has learned that her power comes from uniting the two divided parts, and becoming whole.
- She does not participate in the struggle between dyads (work-life balance, magic and power, good vs evil, chaste vs wanton). Struggle is the domain of the forces of Divide et Impera, Divide and Conquer.
- The Queen does not allow anyone to treat her with disrespect, though that does not mean that she is haughty or brash. She quite simply knows her own value & worth. She defines her own Impera, her own imperative.



End Game: Sovereignty

The story of the Divided Woman is also the story of the United Queen.

In fairy tales, the end happens in the third quadrant. The MISOR's story ends with marriage; and the MIPE's story ends with isolation and banishment, or possibly death.

The end of the Queen's Path is actually the unification of the two sides. An individual goes through the trials of the divide to emerge as a sovereign whole, with no one to dictate to her who she should be, or how she should conduct herself.

She is not defined by a role, but rather defines the role for herself.



“You can be a thousand different women. It’s your choice... it’s about freedom and sovereignty. You celebrate who you are. You say, “this is my kingdom.”

–Salma Hayak

“Think like a queen. A queen is not afraid to fail. Failure is another stepping stone to greatness.”

–Oprah Winfrey

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