



Jumping into the Portal

One Foot in The New World, One in The Old World

At this point in your story, The Hero is about to embark on the Quest, whether it be physical, spiritual or emotional – she is fully committed and ready to leave the familiar World of Before behind. She leaves behind everything he knows – friends, family, and most importantly – an old way of moving through the world. Mary Oliver, in her poem *The Journey* writes, “the whole house began to tremble and you felt the old tug at your ankles.”

When The Hero is at this place, she will feel the tug of those she loves – all that binds her to an old, familiar life and other world.

It’s difficult to turn her back on this and pull away from the familiar, but she has made her decision and is ready to go.

Where is the Hero now? Between the old and the new, with one foot moving to leave and one still planted in the World of Before. The reader knows the adventure has begun, for good or for whatever challenges and obstacles lie ahead.

The Hero’s Soul is at Stake

In this part of the story, Heroes come to a decision point where their very souls are at stake. I remember when I closed my marketing company in Los Angeles and made the decision to commit to life on Kaua’i and a new career. For a while I had one foot in my old world and one foot in my new world, and when I finally moved full-time to Kaua’i, I knew if I didn’t do it, a part of me would die in Los Angeles.

At this point in our journeys, we must ask of our Hero – Does she go on living her life as she always has, or will she risk everything to grow and change?

Inner choices and events propel the story forward. In this stage, the Hero will summon all their courage and free fall into the unknown. It’s a very big Leap of Faith. This part of the Hero’s journey is like a pilot’s solo flight – it will take a while to adjust to being alone and ascending without the old world and friends by the Hero’s side.

The Gatekeeper

Before the Hero takes off to the other side, there will be people ready to bounce him back, setting up barricades to keep him from crossing. Mary Oliver writes in her poem *The Journey*, “and the road was full of branches and stones.” In *Eat, Pray, Love*, Elizabeth Gilbert felt her husband and their attorneys were keeping the divorce papers from moving forward to signature, blocking her from her new life.