

LIFE PATTERNS SESSION

YOUR INFO

Name

Date

Session Type

45 minutes

90 minutes

2.5 hr

STUCK PLACE

what you say

**Notes**

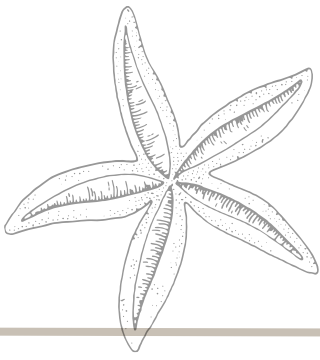
This person was quite emotional talking to me. Not when they first started talking but it arose to the surface... and it often does so because

of the nature of my listening. It is being a witness to their voice. As I listen I will type out words that were spoken so that the person will remember what we talked about and trigger the full conversation we are having.

What I see

WHAT IT MEANS

NEXT STEPS



PATTERN SESSIONS

PAGE TWO

**Notes**

This is the beginning of the 2nd tier. We continue from the 1st identification and go further into the story and its relationship with your life. This is the 2nd 45 minutes.

NOTES

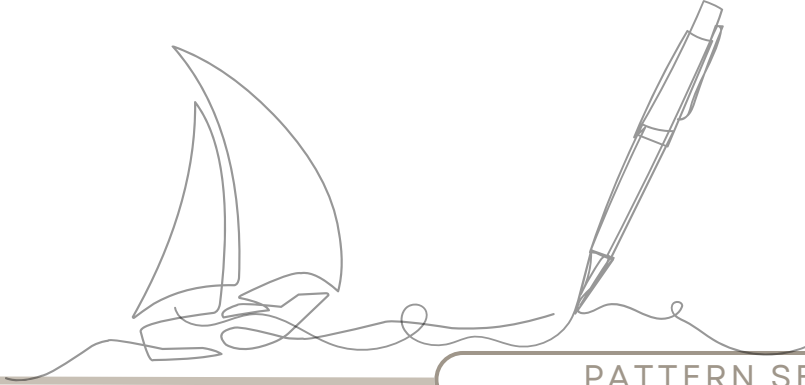
**A deeper unfolding of how the scar pattern has carried and shaped your story.**

**Revealing the hidden thread of meaning within the wound**

**Notes**

You will receive the story print out if I have already worked this story - if not then I will give an on line link for you to have.

Story index includes the process of healing  
what you need to do  
addl 60 minutes



PATTERN SESSIONS

Notes

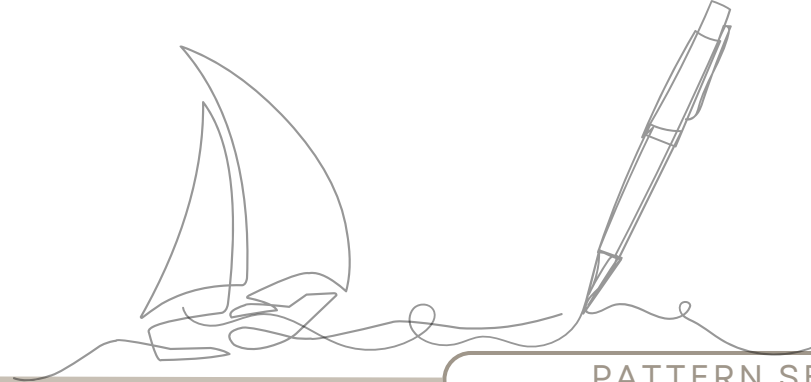
PAGE THREE

We will take a break before we start this third tier. 1 -  
2 days in order for me to write your story out. I will  
give you an index for the story and here is it for the  
Lion King

NOTES

Naming the threshold you are standing at now  
The deeper invitation in your life

Story index includes the process of healing  
what you need to do  
addl 60 minutes



Myth as Medicine

PATTERNS  
BREAKING FREE

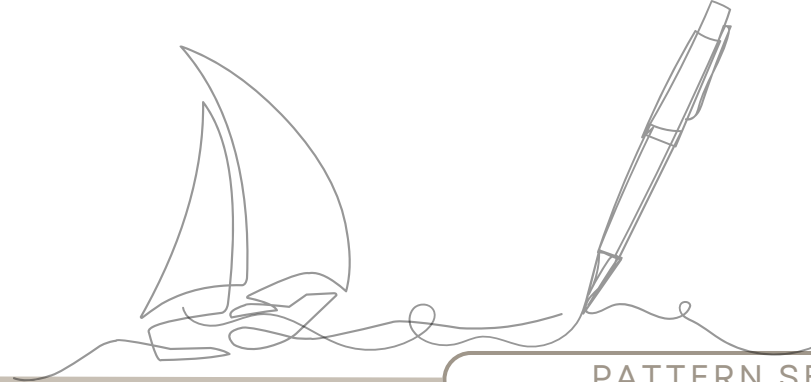
PATTERN SESSIONS

PAGE FOUR

NOTES

Naming the threshold you are standing at now  
The deeper invitation in your life

Story index includes the process of healing  
what you need to do  
addl 60 minutes



Myth as Medicine

PATTERNS  
BREAKING FREE

PATTERN SESSIONS

PAGE FIVE

Name

NOTES

Date

Naming the threshold you are standing at now  
The deeper invitation in your life

## The Index

1. Simba is born
  - a. You meet the characters – Mufasa, Sirabe, Simba, Rafiki
  - b. Starts with the dawning of a new day
2. Simba goes to the elephant graveyard
  - a. Means old world wisdom
  - b. The boundary lands
  - c. Zazu is ignored
  - d. Hyenas come
  - e. Mufasa's roar
    - i. Imparting wisdom
3. Scar kills mufasa
  - a. Gives guilt to Simba – it is not his burden but lacks the knowledge and ability to deal with what Scar put on him
4. He runs
  - a. Into a desert – a lifeless place – almost dies
  - b. Timon and Pumbaa
    - i. Two appetites – joy and pleasure
    - ii. Lives and walks with others – not his path
5. The pride lands are in drought
  - a. Symbolic of the desert that Simba went through before he met timone and puumba
  - b. There is famine – symbolic of the inner wasteland
6. Rafiki
  - a. Shakes the rattle – the authority of the seasons of inner life
  - b. Goes to the pool of memory and connects Simba with his inheritance
7. Nayla and Simba talk – he goes back to pride rock
8. Pride rock – where the fight has to take place
9. Meets scar and learns the truth – It means we need to engage the scar in all of us, to hear the truth that has been hidden
10. The rains come again and another Simba is born

Hidden teachings within the Lion King Story

# Becoming King

MUFASA'S  
LEGACY

BY  
ELLIE HERNON



# The Story

Story is one of the most important constructs in our society. As a means of communication, story instructs us, conveys truths and understandings, provides symbol and access to our own inner dimensions.

Stories are birthed out of our deep psyche and spiritual natures. It is a language of cosmic thought. It is a reflection of our internalizing cosmic forces, of our personal relationship and connection with the divine. They are primal experiences. They show up in birthing experiences, death transitions and psychic awareness of cosmic magic, myth, legend and dreaming.

I chose the story of Walt Disney's "The Lion King" to be a story statement. Unlike a mission statement, a story tells of relationship between things. It reflects a place of standing in relationship to the world. Stories do not judge. They reflect on what is understood. My choice of story is used to discuss balance, the achievement of spiritual mastery and the correct relationships internally and externally. Ultimately we are living what is inside (ourselves). We live/are our creations. Kingship in spiritual realms is kingship in the physical realm. This is the story of becoming a king.

## The Lion King

Simba is born – a future king. He is cherished in the land and all things respect his kingship with the exception of Scar and his gang of followers. Simba is taught by the wise noble fathers. His father instructs the young cub where the kingdom lies, where the scavengers/hyenas are not allowed to trespass. He is taught boundary work. Scar plays a very unique role. Scar is the coyote trickster. He is Brer Rabbit. Scar is a reflection of the wise woman in her role as "Changer of Things", the face of Hecate. Part of the family, Scar is barely tolerated. Scar has a role, like death. It comes. We know it, but we never really move to embrace all it represents. It is Scar who suggests to the young cub to go look over the elephant graveyard. Scar teases the young cub, toying with his natural curiosity and desire to be a kingly leader. The archetype of Scar says: "So you want to be more? You want to be King?" Simba says: "Oh yes! Actually I already am King!" Scar replies: "Really? Hmm. Let's see how you use your kingly powers." And so Simba and Nala go the elephant graveyard! What wonderful symbolism! Ancient memories, ancient wisdom, moving into the bones of olden world wisdom! It is Scar's desire that the young



king dies soon. But Simba does not. For it is Zazu who has been left behind while the young cubs go exploring. It is Zazu who finds them and flies straight away to the King to warn of impending danger. Who is Zazu? Zazu is the internal warning systems, the inner voice. And when things go awry those who watch over us are told of the coming circumstances. Whenever we go against the inner voice, we are in for a ride as we move into areas of danger and difficult circumstance. Well the father comes to the rescue. They are saved. The cubs have seen for a short moment the strength and awesomeness of hidden forces and are chastised. But it is over this event that the father then imparts some great teachings to the cub. Without having had this experience, Simba would not have understood the nature of the teachings being shared regarding the Great Mystery.

The echo of the roar which Simba was trying to emulate was a shadow of the future, a portend of what he would one day be, but was not in full manifestation. The kingdom is protecting the young lion. He is not harmed. But one day the time for the second birth will come about.

Scar is able to kill the guiding council of the father and the young lion runs for his life. How has the father been killed? Through betrayal. At some point we all face the energy of betrayal as we begin our sojourn into the realms of mastery. Simba is found in the desert. He is near death. The desert symbolizes our passion. It just about burns him up. The Great Mystery of the Kingdom sends 2 helpers to walk with him. Here it is Pumbaa and Timon. Simba awakens in his second birth. Now he is not king. He becomes a wanderer, an outcast without home and family. He carries a burden of guilt that he has killed his father. The guilt keeps him an outcast as much as anything else does. He walks a path that is easy, but it is not his path. He does many things that are alien to his nature but it is a relatively carefree time. He grows into adulthood, but because life is so easy for him there he has become casual and flippant. He does not have the responsibility of kingship.

There is a shaman in the story, one who is trained to know the seasons of the soul. It is Rafiki, the baboon. He catches the knowing on the wind, which means he reads the signs of spirit. He catches the dust and reads it. He is a knower of inner language. He shakes his rattle. He calls the inner spirits and is gleeful! The future king did not die; he is only far away from himself! He is ready to return. Rafiki knows all will be well – it is time. He goes to find Simba. And he does. He has to remind Simba of his heritage. Rafiki hits Simba on the head with the staff. The staff is a symbol of authority and enlightenment, which Rafiki uses to bring awareness back to Simba.

Rafiki has to catch Simba's curiosity, as Simba does not really want to listen. He takes Simba to the pool of memory and opens a door to the timeless dimensions of spirit. Magic takes Simba to listen again to the sage advice of his father and of the stories of great wisdom handed to him so long ago. Simba is reunited with his heritage in his heart. It calls to him and he cannot ignore it. Rafiki leaves and awaits the return of Simba. Meanwhile Simba wrestles with the news, which he has been told. He does not want to face the guilt and shame he carries. Nala comes also to find Simba. This reflects that it is time he is reunited with his whole self, Nala representing the female intuition, wisdom and understanding of life cycles.

Finally with his two friends and Nala, Simba returns home. His companions represent two very important learnings he has had. Both his friends represent the ability to be close to the land, to be able to walk in trust and simplicity. They are very important aspects of our self-consciousness. Pumbaa represents appetite; appetite for life and Timon speaks of the ability to dance with life. Both are vulnerable and have great hearts.

But Simba's return in the story is not over yet. Having made the decision to reclaim his heritage, he needs to put it into action. He fights a battle with his shadow self, Scar. The name for the shadow self is very interesting. It represents a wound, which remains on deeper levels of the psyche. It has partially healed over but needs deep cleansing. Simba has to realize the nature of the betrayal from which he will have the strength to overcome Scar.

Simba is able to defeat Scar but does not kill him because in all things there needs to be balance. Scar does find his end among those who have feared him. It is wrong doing which consumes Scar.

Order is restored again in the kingdom. It begins to rain – spiritual refreshment. The summer land has returned, Shangri-la, the Hidden Kingdom is once again restored. The child king has come home and has mastered the inner kingdom. Peace reigns and a new child is born, the child showing hope, continuance of life, a symbol of rebirth and renewal.

I use story to talk about relationships. There is so much more which can be said about each of the characters in this story. This story is about the path to mastery, the achievement of Christ Consciousness. It talks about right relationship to the inner voice and to the darker aspects of self, the part they serve and how we walk with all parts of inner selves. Initiation takes place in a

death by fire (the desert) and with the renewal, rebirthing by water, we are reminded here of conception of life through passion and birthing through water. It is through this fashion that the kingdom is restored.

Written by

Ellie Hernon

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## What is the Battle?

All true battles are epic. Think of the battle of Star Wars, of Harry Potter, Neo in the Matrix or Jake Sully in Avatar . When we engage this battle we find the strength within. The Scar is inside us - The 1st betrayal was our own betrayal to what we knew to be true, yet we believe so much in the outer world we abandon our truth. The Journey home is the reclaiming of our own knowing, our own truth - and in The Lion King, the battle

*Is fought on*

**PRIDE ROCK -**

That is not a coincidence.

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*If learning to read and write and speak a language opens up 10 thousand worlds, then learning to read and write and speak the language of the heart opens up 10 millions more.*

*And if understanding a language opens up the mind and stimulates the imagination, then the*

*language of emotion takes you there.*

