

Become Your Hero

by Stewart Blackburn

Who are your heroes? Are they people who demonstrated great ingenuity or strength? Are they people who faced great odds bravely or have achieved significant goals? Are they people who do small feats of great importance without reward? We can learn a lot about ourselves by looking at those whom we regard as heroes. And we can use them to great effect in crafting our lives.

Heroes, of any gender, play a central role in creating the lives we want to be living. These are the people who inspire us, who show us what our values look like when they are lived, and those who show us what we can be. Our heroes, real or fictional, demonstrate living a life that we imagine would be very satisfying. These are the people who help us dream and create the future that we want.

Examining our heroes is a good way to look at our ideals and beliefs, the ideas that we cherish and value. These ideas form the foundations of how we fashion our lives. Our heroes become symbols of our ideal life, the life we would like to be living. By giving these symbols the energy of significance, we manifest along these lines. The more meaning we choose to invest in our heroes, the more we shape our lives with them.

The old gods of any culture embodied virtues (and vices) that were meant to show us how to live. The imaginary heroes of today, whether they be in comics, movies, or popular culture, are the equivalent of the gods of yesterday, and they perform the same valuable role in our

society. They take us from the question of “Who am I?” to “Who do I want to become?”

Thus, these heroes give us a powerful focus for manifesting. We have a ready-made picture with abundant energy for what we desire. When we let our imaginations design new heroes, we incorporate our values and aspirations into a vision that helps us create those values and aspirations.

We don’t have to use one hero as a template for our new self, we can use a combination of them, as well as adding qualities not found elsewhere. So, what would your personal designer hero look like? What virtues and qualities would you include in your hero?

You might want intelligence to be one such quality. That would probably include logic, intuition, cleverness, and empathy. I include empathy in intelligence because it is one of the most important ways that we get information.

You probably want your hero to be strong. There are many types of strength, most of which go well beyond just physical strength. For instance, kindness is also a form of strength. It is a powerful way to affect the world without needing to protect your outward sense of self (ego). Compassion is a related strength that is also very powerful.

My hero needs to be resourceful and smart in a worldly way. He or she needs to be capable and be able to easily handle my problems. My hero also needs use intuition and inspiration. And that hero also must be a gifted healer.

I don’t know about you, but I want my hero to be cool. Odysseus and Achilles were cool. James Bond is cool. Spiderman is both nerdy and cool. Wonder Woman is definitely cool. The concept of “cool” or

any of its more modern forms is a subjective sense that the object of our praise embodies certain subtle qualities that are seen as virtuous or valuable. “Cool” usually refers to someone who is unflappable, clever, and admirable. When we look at creating a new hero for ourselves, “cool” can be a very important quality. The old gods were rarely “cool” but the newer comic book and action movie ones often are. The Hawaiian demi-god Maui was certainly “cool.”

Once you have a good sense of what your personal hero looks and feels like, then it’s time for you to become your hero. There are plenty of ways to do this, but it might be easiest to picture your hero in some sort of form, human or animal, and journey to integrate with them. You might want to go into your inner garden, invite them to join you, and then step into your hero, and feel what it’s like to be this hero. Let yourself fully merge and enjoy the feeling of being this hero. Identify yourself as this hero. “This hero is who I am!” “I am the hero of my life!”

Being your hero is a creative act that will impact the rest of your life. Enjoy your heroic self and join with other heroes to make the world a better place!