

*One Myth, Two Myth, Red Book, Black Books: Journaling as a Record of Personal Mythology*  
Sheila Petrucci, The Haden Institute  
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“Myth is always true and sometimes it even happened.”  
– Gloria Schweizer (aka Sheila Petrucci’s mother)

“Remembering my journal looks like a Beethoven manuscript – blots, blue ink, red, yellow and green, pages torn by an angry pen, smudged with tears, leaping with joy from exclamation marks to dashes that speak more than the words between, my journal that dances with the heartbeat of a process in motion.” – Marion Woodman, “Introduction,” *The Pregnant Virgin*

“In the current state of things, the only avowed refuge of the mythic spirit is poetry. And poetry is an insurrection against society because it is a devotion to the abandoned or exiled or obliterated myth. We have lost the meaning of the symbol. The literal has devoured us. Scandalously.” – Aimé Césaire

"A ritual is the enactment of a myth. And, by participating in the ritual, you are participating in the myth. And since myth is a projection of the depth wisdom of the psyche, by participating in a ritual, participating in the myth, you are being, as it were, put in accord with that wisdom, which is the wisdom that is inherent within you anyhow."  
– Joseph Campbell

“There has to be something in you, something that hungers for clarity. And you will need that hunger, because if you follow that path, soon enough you will find yourself confronting not just their myths, not just their stories, but your own.” – Ta-Nehisi Coates

"A myth is a way of making sense in a senseless world. Myths are narrative patterns that give significance to our existence." – Rollo May

"May you foresee a wilder way to be even now, even as the most ancient story spreads her legs to give birth to a new myth. A long labor it will surely be, but, even now, my wish is for you to be the birth song. Be wonder. Be Witch and bewitch. May you eat your shadows, befriend your inner beasts, and behold the grand poetry of this moment with black-mirror eyes hungry for visionary art and untamed truths. Be soothsayer. Be myth dweller. Seek out story medicine where a rough land is a she-king and the children become the voices of the oldest gods. Keep going. There is an art that can be made only by you and only here in this birthing room, where the mother of a beyond-human fairy tale labors long past an apocalyptic midnight. Tend this art well; let it stain your hands. Be guile and beguile. Such is my wish for you."  
– Danielle Dulsky, “Heathen Prayer”

“she is walking her way into myth, a world / of new constellations ...” – Sadiq Dzukogi

“There is no greater agony than bearing an untold story inside you.” – Maya Angelou

"Each of us has a well of images within, which are the saving reality and from which may be born the individual myth carrying the meaning of a life. That new images are now emerging in the tales and poetry of our time is beyond doubt. But any truly valid 'new myth' cannot be rationally invented. It must be born out of the crucible of our own struggles and suffering as we affirm our new freedom without rejecting the perennial truth of the feminine way." – Helen M. Luke, *Kaleidoscope: The Way of Woman and Other Essays*

"Drop your maps and listen to your lostness like a sacred calling into presence. Here, where the old ways are crumbling and you may be tempted to burn down your own house. Ask instead for an introduction to that which endures. This place without a foothold is the province of grace. It is the questing field, most responsive to magic and fluent in myth. Here, where there is nothing left to lose, sing out of necessity that your ragged heart be heard. Send out your holy signal and listen for the echo back."  
– Toko-pa Turner

"Psychology is ultimately mythology, the study of the stories of the soul."  
– James Hillman

"Knowledge does not enrich us. It removes us more and more from the mythic world in which we were once at home." – Carl Gustav Jung

"To Jungians the dream is not a kind of standardized cryptogram that can be decoded by a glossary of symbol meanings. It is an integral, important, and personal expression of the individual unconscious. It is just as 'real' as any other phenomenon attaching to the individual. The dreamer's individual unconscious is communicating with the dreamer alone and is selecting symbols for its purpose that have meaning to the dreamer and to nobody else." – John Freeman, "Introduction," *Man and His Symbols*

"Let us simmer over our incalculable cauldron, our enthralling confusion, our hotchpotch of impulses, our perpetual miracle – for the soul throws up wonders every second. Movement and change are the essence of our being; rigidity is death; conformity is death; let us say what comes into our heads, repeat ourselves, contradict ourselves, fling out the wildest nonsense, and follow the most fantastic fancies without caring what the world does or thinks or says. For nothing matters except life." – Virginia Woolf

"The great mystery is not that we should have been thrown down here at random between the profusion of matter and that of the stars; it is that from our very prison we should draw, from our own selves, images powerful enough to deny our own nothingness." – André Malraux

"The most extraordinary discoveries are made when the artist is overwhelmed by what s/he has to say. Then s/he uses the old language in her/his urgency and the old language is transformed from within." – Boris Pasternak