

# *Arjuna's Tapas*

Exploring the Hero's Journey  
Through Arjuna's Inner Search

***September 21<sup>st</sup> - 22<sup>nd</sup>***

***(9:30am - 6:00pm on both days)***

***Lahe Lahe, Bengaluru***



**A Hero** is one who has answered the questions ***Who Am I? Where Am I? & Why Am I here?*** for oneself. In our times of mass socialization and conformity, this is not as easy as it might sound. A vast majority of us are conditioned to live ‘outside-in’, and the contexts we are embedded in like our families and the larger society often dictate our meaning making processes and life choices. True freedom remains a chimera and most do not live up to our full potentials. It’s a rare few who discover the freedom to truly live ‘inside-out’, and are able to embrace the immense joy and responsibility that comes with it.

This process of psychological maturation involves a long and arduous journey that is filled with perils, gifts, challenges and grace. Joseph Campbell who dedicated his life to studying mythologies from across the world, posits that this journey of self-discovery and actualization has certain well-defined archetypal stages that an individual must pass through before arriving at an authentic empowerment. He called this adventure “*The Hero’s Journey*”<sup>1</sup>.

The archetypal substructure of this unfoldment can be found in many of the major myths and epics of the world. The Ramayana, Mahabharata, Iliad & Odyssey, Arthurian Legends etc are some examples.



## Exploration through films

At the workshop we will be exploring the major stages of this journey using films. And for the purposes of our reflection would be working with a variation of the Hero's Journey called '**Arjuna's Tapas**' developed by Raghu Ananthanarayanan. Apart from being a key component of Raghu's larger work on the Mahabharata archetypes, the Arjuna's Tapas framework is simple yet robust and lends itself to easy application in both individual and organizational contexts.

The films, many of them masterpieces of world cinema, have been carefully chosen for their evocative potential and efficacy in illuminating various stages of the journey. Apart from the films we will also be using self-reflective exercises like art, contemplative conversations etc.



Our objective through this workshop, is to create space for the participant to reflect on where along the adventure of Individuation one is, and what steps might need to be taken going forward. This exploration could be of particular value to those who are feeling a deep-rooted sense of discontent in their life and work contexts, and have persistent questions around their life purpose in a society seemingly headed towards doom. An openness to new perspectives and engage in group dialogue are the only prerequisites needed for participation.

## Contribution & Registration

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The Workshop Fee is **Rs. 2,500/-**

(In case finances are a challenge and this is unaffordable for you, please don't hesitate to get in touch. We will do our best to make it work. Nobody will be denied participation because of money.)

Those interested in attending, please fill up this **online form**:

**<https://forms.gle/K4sv1Xgm9Sq2SMz69>**

We will get back to you with the next steps soon after.

For further queries and details, contact:

[naveen.ritambhara@gmail.com](mailto:naveen.ritambhara@gmail.com) (preferred option) or

+91-9489527893

### Notes:

1. While there is still debate on whether Campbell's monomyth applies to the masculine only, we ourselves are using the word 'Hero' gender neutrally here. The Arjuna's Tapas framework applies equally to all genders.



## Facilitator

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Naveen is a student of Yoga. Over the last 15 years he has been engaged with the question: *"What does it mean to live responsibly and meaningfully in today's times?"* The journey, while still ongoing, has been richly rewarding and fulfilling. He is a co-founder of *Ritambhara* and is also associated with the 'Social Entrepreneurship Association' in Auroville. His interests include Evolutionary Leadership, Integral Psychology and Process Work. He is particularly interested in working with young changemakers and those interested in bridging spirituality and social change. He loves reading, good cinema and spending time in 'nature'.