

## “Finding Joe” Assignment

*This is a film made by Patrick Takaya Solomon and philosophically rich not just in aesthetics, but also in epistemology and metaphysics. We will be spending the next three days watching this film and discussing key aspects of it. This will serve as the first assessment in this course. Please use this sheet as notes and eventually you will be turning in these answers on separate sheets of paper, preferably typed.*

1) Interpret the opening quote, “I don’t believe people are looking for the meaning of life as much as they are looking for the experience of being alive”.

2) In the story of the Golden Buddha, what do you think, “the casing” represents? What “casings” have been put on you that hides your “goldenness”?

3) What is the Hero’s Journey? Do you agree that all stories fit into this construct? Think of your favorite story and does it follow the separation----initiation----return construct? How is this a piece of narrative iconography to live our lives?

4) What is mythology?

5) What are archetypes?

6) When Deepak Chopra says, “Select 2 or 3 heroes or heroines and have them incarnate into you”, what does he mean by that. Which person or people did you choose?

7) In the story of the Tiger there is a symbolic line, “food for sheep”. What does the modern world feed us that would constitute, “sheep food”?

8) If we know the Hero’s Journey what holds us back into following it?

9) There is a line in the film that says, “We wake up being the hero of our own life when we become tired being the victim of it”- and he says we have three choices. What are they?

10) In the Arthurian legends the Knights of the round-table set out on their own paths. What is this symbolic of?

11) When Joseph Campbell instructed us to follow our bliss, what was its origins? What were its three parts? What is the meaning of this line?

12) How do we find our bliss? How will you balance security with your bliss?

13) What causes people not to follow their bliss? What is inhibiting you to following your bliss?

14) What is the dragon symbolic of? What are your own dragons that need to be slain to find your grail?

15) Interpret what the film meant by that we have to ultimately fight ourselves.

16) Choose one the quotes from the film and apply it to a personal story of your life.

## **Quotes from the Film:**

- 1) "I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive"- Joseph Campbell
- 2) "The function of mythological symbols is to give you a sense of Aha! Yes, I know what it is....it's myself".
- 3) "Your life is the fruit of your own doing. You have no one to blame but yourself". – Joseph Campbell
- 4) "The call to adventure signifies that destiny has summoned the hero"- Joseph Campbell
- 5) "The snake that cannot shed its skin must perish"- Friedrich Nietzsche
- 6) "We must be willing to get rid of the life we've planned so as to have the life that is waiting for us"- Joseph Campbell
- 7) "It's not what happens to us, but what we do with it"- Akiva Goldman
- 8) "The universe will open doors where there were only walls"- Joseph Campbell
- 9) "What they will think of me must be put aside for bliss"- Joseph Campbell
- 10) "I want to sing like birds sing, not worrying who listens or what they think"- Rumi
- 11) "Find a place where there is joy and the joy will burn out the pain"- Joseph Campbell
- 12) "Opportunities to find deeper powers within ourselves come when life seems most challenging"- Joseph Campbell
- 13) "The privilege of a lifetime is being who you are"- Joseph Campbell

