



Contents

<i>Note on Translations and Spelling</i>	vii
<i>Acknowledgments</i>	viii
<i>Preface</i>	x
Introduction	xiv
How to Use This Book	xxxvi
1. <i>The Odyssey</i> as Transformational Myth and Mystery	
• EXERCISE: <i>The Friend in Court</i>	01
2. The Beginning of the Hero's Journey	37
3. The Lotus-Eaters	
• EXERCISE: <i>Eating the Lotus, The Dance of Will</i>	69
4. The Cave of the Cyclops	
• EXERCISE: <i>Self-Divestiture—Becoming Noman and Putting Out the Eye of the Cyclops</i>	
• EXERCISE: <i>The Great Homeric Brain Exercise</i>	79
5. The Island of Aeolus	
• EXERCISE: <i>The Winds of Aeolus</i>	115
6. The Island of Circe	
• EXERCISE: <i>The Initiations on Circe's Island</i>	131
7. The Descent into the Underworld	
• EXERCISE: <i>Journey in the Underworld</i>	163



CONTENTS

8. The Sirens, Scylla and Charybdis, and the Cattle of Helios	
• EXERCISE: <i>Meeting the Sirens</i>	
• EXERCISE: <i>Walking the Line between Scylla and Charybdis</i>	185
9. Calypso's Isle	
• EXERCISE: <i>Gestation and Rebirth on Calypso's Isle</i>	207
10. The Isle of the Phaeacians	
• EXERCISE: <i>Caring Like the Phaeacians</i>	233
11. The Initiation of Telemachus	
• EXERCISE: <i>Creating a Night Journey</i>	261
12. The Beggar and the Goddess	
• EXERCISE: <i>Meetings with Remarkable Beings</i>	297
13. Penelope	
• EXERCISE: <i>Weaving the World with Penelope</i>	321
14. Revenge and Reunion	
• EXERCISE: <i>Clearing the House of Death and the Meeting with the Beloved</i>	357
15. Creating the New Myth	379
Epilogue	389
Notes	391
<i>Guide to Translations</i>	410
<i>Selected Bibliography</i>	413
<i>Pronunciation Guide</i>	420
<i>Musical Selections</i>	425
<i>Index</i>	430