

Finding Spiritual Self-Fulfillment
Through the Monomyth Sequence of Prayer Writing
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Abstract

Due to the deeply personal and individually subjective nature of religious belief, unique methods of inquiry into the exploration of such phenomena are needed. This project utilized a heuristic approach to investigate how spiritual self-fulfillment is affected through the creative process of authoring prayer. Joseph Campbell's stages of monomyth were employed as markers for comparison with personal experiences arising during the creative process. Through the completion of a contemplative *Book of Hours*, the author traversed each of the main seventeen stages of the monomyth sequence, resulting in an altered spiritual psyche from when the project was first undertaken. It is suggested that with further study, the creative process undertaken in the writing of intimate prayer may offer a way to deepen spiritual self-fulfillment.

Keywords: monomyth, pastoral psychology, prayer, psychology of religion, spirituality