

The stories we tell shape the futures we have available to live

*Script Your Story...*



A BOLDER VISION

***StorySculpting begins from the belief that the stories we inhabit shape what we can see, do, and become in a very direct way.***

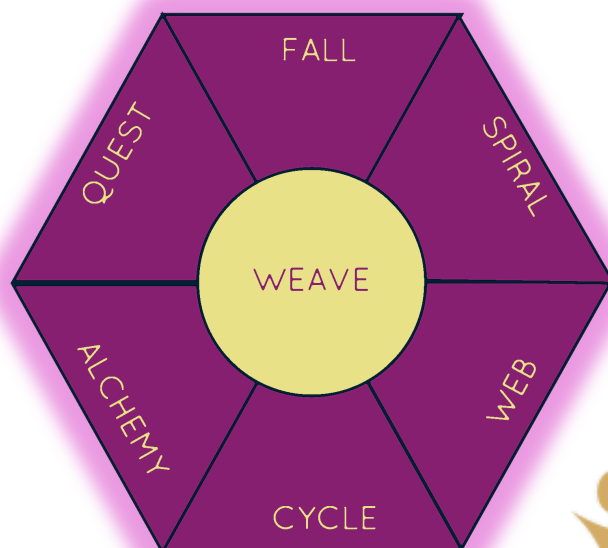
Changing the story changes what's possible.

*Whether you're navigating a major transition, building something new, or simply sensing that the story you've been living no longer fits who you are becoming, mapping the stories you already carry and consciously crafting the future you aspire to is life-changing.*

*The StorySculpting practice offers a series of archetypal lenses — each rooted in a different tradition of human wisdom — for excavating, examining, and sculpting the narratives that are shaping your life.*

*Begin with the one that feels most timely or resonant.*

*Each one is a facet into the story of your own becoming.*



# Quest

## Departure, Ordeal, Return

**This story might be for you** if you're standing at the beginning of something — a new venture, a bold pivot, a chapter that's calling you forward and you need to claim it with clarity and confidence. Or maybe you have a story you've been telling about yourself that's gotten stale and you're ready to rewrite it with everything you now know.

This framework draws from the hero's journey traditions, archetypal psychology, epic myths and narrative structure, and the many storytelling frameworks that have shaped how humans have made meaning from lives of challenge and becoming over millennia.

*This model helps you clarify your journey and sculpt the life and work you envision into being.*



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# Fall

## Descent as Initiation

**This story might be for you** if something has ended — or is ending — and the usual frameworks for "moving forward" feel tone-deaf to what you're living through.

If you've lost something or someone essential. If the life you built no longer fits and you don't yet know what comes next. If you're finding your way in the dark and looking for a fellow traveler to help with wayfinding. This is the deep dive.

Drawing from the ancient Sumerian myth of Inanna's descent to the underworld, the Greek traditions of Persephone and Psyche, and the depth psychological wisdom traditions— this framework leverages what many traditions have always known: that descent into darkness is often not failure. It may be initiation.



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*This framework knows that the only way out is through and can support you on the journey.*

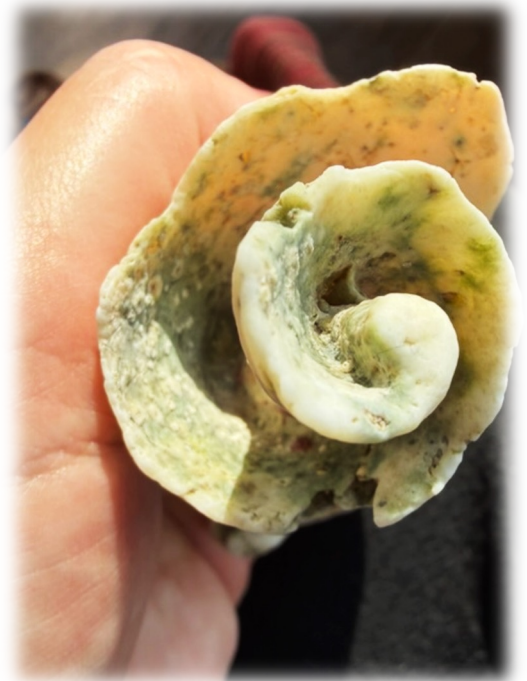
# Spiral

## Growth as deepening return

**This story might be for you** if you keep coming back to the same territory — the same wound, the same question, the same pattern — and you're ready to harvest the next layer of lessons from familiar ground. Do you sense there's something your life keeps trying to teach you? This process explores the value of return.

Drawing from Celtic spiral traditions and the triskelion's ancient wisdom, feminist developmental psychologies and story-within-the-story methodologies this approach uses re-authoring practices to explore recurrent themes and transform them into ground for growth.

*This approach helps us revisit old territory with the fresh perspectives we gain over time.*



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# Web

## Story as relational field

**This story might be for you** if your life requires a supporting cast to be understood in its fullness. If you're doing work that is inherently collective and the solo protagonist frame never quite fit. If you've been sensing that the land, your community, your ancestors, or the more-than-human world belong in any telling. If the thread of severance — from place, from people, from belonging — is part of the very fabric you are from.

Drawing from principles common to Indigenous relational ontologies, borderlands consciousness traditions, beloved community frameworks, ubuntu philosophy of, and various systems wisdom models, this work puts you in relationship with the landscape and cast members in your story's unfolding.



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Forest in France

*These principles invite us into an evolving conversation with a living field.*

# Cycle

## Seasonality of Life

**This story might be for you** if you've been pushing through a need for rest or hesitating when the season is calling you to plant. If you've been pathologizing your own dormancy or are just a person whose life moves in rhythms and you're ready to read the seasons with more empathy and understanding, these lenses will serve you through a lifetime of transitions.

Drawing from Celtic and Indigenous seasonal traditions, a range of nature-based literacies, deepening understandings of the role of the void in creation, and lunar cycle traditions practiced across cultures for millennia, we explore moments through multiple lenses and ways of knowing.

*These practices give us new ways to make sense of the varying seasons of life*



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# Alchemy

## Liminality as transformational

**This story might be for you** if you are in the middle of something that has no name yet. If the person you were has left the building and who you're becoming is still in some form of emergence. If you've tried to think your way through and know the moment calls for something beyond the mind's reach. If something needs to be released — or has already fallen away — and you're not sure what you're being asked to become. This path offers a gateway to personal transformation.

Drawing from alchemical traditions, mystical practices, koan practices, and the technology of not-knowing, shamanic death and rebirth initiations across cultures, and mystical traditions across many faiths, this exploration has wholesale reimagining as its aim and the path of surrender is already familiar to the traveler.



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*This is where your future finds its voice; calling itself into being.*

# Weave

Ancestral patterns and lineage. *Integrating the whole.*

**This story might be for you** if you understand that your story did not begin with you and you want to understand what's yours to carry. If you've been doing work in other facets and you're ready to see what runs through all of it. If you want to know not just who you are but *whose* you are this allows you to excavate and appreciate the many dimensions of living your life and having your experiences.

Drawing from ancestral and indigenous wisdom traditions that honor the keeping and sharing of ways of knowing from generation to generation, and more contemporary understandings of intergenerational trauma and family system, these exercises allow you to braid together your unique experiences, viewpoints, and facets of your story into a coherent whole, in context.



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Enter the **WEAVE** at any time as its own facet or return anytime to integrate

## What story is calling?

Starting at Your Beginning

QUEST	FALL	SPIRAL	WEB	CYCLE	ALCHEMY	WEAVE
Departure, Ordeal, Return	Descent as Initiation	Growth as deepening return	Story as relational field	Seasonality of Life	Liminality as transformational	Ancestral patterns and lineage
The "backstory"	Before	Sites of struggle	Relationships	Choosing your Cardinals	Letting it all go	Family "Crest"
Pressing challenge	The descent	Cosmology	Landscapes	Naming their qualities	Feeling the Fire	Celebrated Stories
Opportunity ahead	At the gates	Close In	Sights & Sounds	The arc of your story	Freefall	Shhh...
Allies and assets	In the dark	Further Out	Stories of US	Mapping this moment	Forgiving	Behind the Veil
Big Bets	What was met	Higher Up	Severance	Intimate Engagement	Facets forming	Befriending
Success Strategies	The rise	Assembled insights	Repair	Honoring & Releasing	Coherence crystallizing	Braiding
Picture of Victory	Returning	Emergence	Sharing	Framing the Future	Flying Free	Belonging

There is no right, or wrong, door in, only the next step in the direction of your becoming...



I've spent 30 years at the intersection of story, transformation, and organizational and community life. Over the course of a very intentional sabbatical— I've distilled everything I've learned about how stories shape what we can see as possible into a potent practice.

StorySculpting begins from the belief that the stories we inhabit literally shape what we can see, do, and become.

***Changing the story changes what's possible.***

*Whether you're navigating a major transition, building something new, or simply sensing that the story you've been living no longer fits who you are becoming, mapping the stories you already carry and consciously crafting the future is a potent practice.*



**I'm now taking a small number of StorySculpting clients. If you are ready to work on authoring the future, let's talk...**

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*Sculpt Your Story...*

