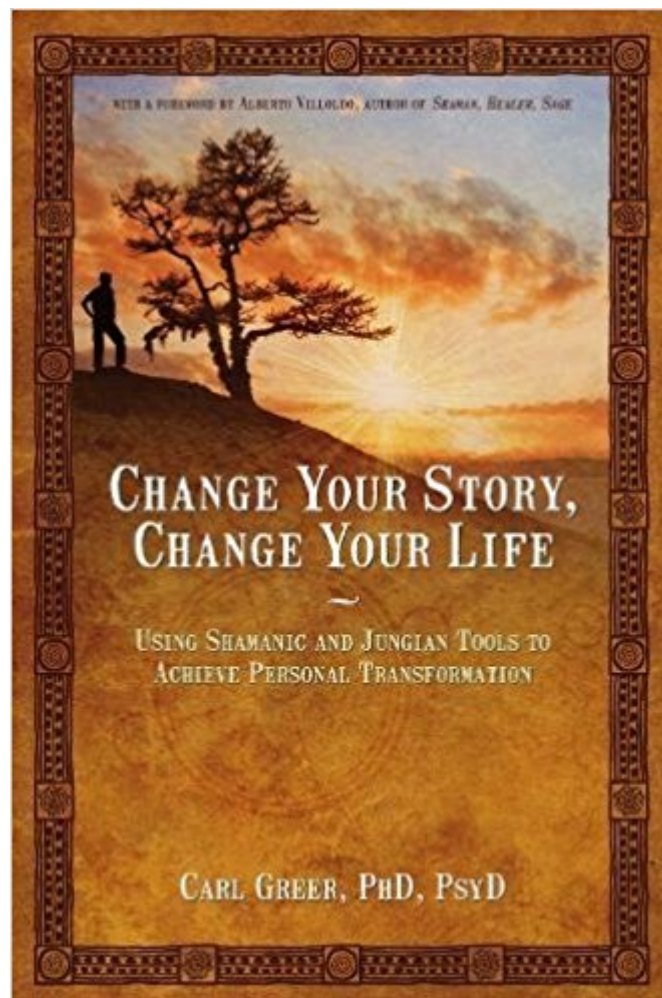


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Change Your Story, Change Your Life: Using Shamanic And Jungian Tools To Achieve Personal Transformation



Synopsis

Change Your Story, Change Your Life is a practical self-help guide to personal transformation using traditional shamanic techniques combined with journaling and Carl Greer's method for dialoguing that draws upon Jungian active imagination. The exercises inspire readers to work with insights and energies derived during the use of modalities that tap into the unconscious so that they may consciously choose the changes they would like to make in their lives and begin implementing them.

Book Information

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Customer Reviews

A rich guide to spiritual awakening and emotional balance. Many self-improvement titles urge meditation, breathing, and journaling to engage readers on their path to wellness. Greer, a clinical psychologist, Jungian analyst, and shamanic practitioner, takes readers much further, introducing less common tools, such as shamanic principles and Jungian archetypes. Shamanism, he insists, aims to free people from habitual responses and inserts a "pause" between stimuli and reactions. Doing so, Greer writes, allows one's perception to be autonomous and influenced by detached observation. To readers who are unfamiliar with shamanic principles, the book clearly and vividly describes its practices to help readers live more fully and compassionately. For example, Greer explains that holding too tight to one's personal "story" discourages change, but detachment from divorce, abuse, failure, or heartbreak can allow for re-evaluation of one's beliefs. The author also fascinatingly asserts that all things have a frequency and an energetic nature and that people can sense vibrations in their physical surroundings. But there's also an intriguing lesson behind this

idea: our bodies carry frequencies as well, he says, reinforcing the idea that the physical body, like the mind, carries energy that affects one's overall wellness. Greer also thoughtfully explains mindful breathing, journeying through autobiographical exercises, and acknowledging and calling on inner archetypes ("we all have an inner critic and an inner wise person, an inner mother and inner father, and an inner feminine and inner masculine figure or energy"). In a final chapter, the author discusses the use of rituals as a way to create new stories. Overall, Greer successfully offers an entrance into ancient topics that may renew readers' zest for life and their hope for future progress. A successful, engaging book about shamanic ideas and psychological archetypes, among other concepts. — from Kirkus Reviews (Kirkus Reviews)

— "A wonderful and compassionate guide for seekers of psychological and spiritual growth. — Sylvia Brinton Perera, LP, Author of *Descent to the Goddess* — a rich guide to shedding old limiting stories and dreaming a new world into being. — Alberto Villoldo, PhD, New York Times Best-selling Author of *Shaman, Healer, Sage* — "An engrossing study of shamanism and how it relates to psychology and everyday life. A unique blending of two very powerful tools. — Lynn Andrews, New York Times Best-selling Author of *The Medicine Woman Series* — "Change Your Story, Change Your Life can help anyone to break free of old agreements that no longer serve them and dream a new story. — don Miguel Ruiz, New York Times Best-selling Author of *The Four Agreements*

I studied with Dr. Villaldo and had done shamanic work with many patients...assisting them in finding healing from deep unconscious wounds, and yet, in spite of my own deep healing while taking this two year course, I was still wounded. And I had boasted on my great healing...but then we all know...there are layers. I did wonder why painful circumstances kept repeating themselves in my life. I was on page 25 when the words and energy of this book uncovered the deep vows I had made as a child..."I will never trust.....for they will always hurt me." When I realized that the things "being done to me" were the outcome of my own unconscious expectations I saw my own "cellular computer chip" in full operation. The moment I "got it", was the moment my life changed...immediately and dramatically. Dr. Greer is so right, *Change Your Story, Change Your Life*.

I don't think I realized the extent the book would change my viewpoint about my life. I'm about halfway through it, the writing exercises are extremely potent. You get what you put into them, of

course, and I was ready for big changes to come into my life. Changing your story is like changing the inside viewpoint of the one who reviews your life. I'm catching lots of habitual negative assumptions and old worn pathways of how I've viewed things that have happened in my life. I'm nowhere near integrating all the new learning. I would say give yourself several months at least, if not longer, to get through this book. It's amazing. At least for me.

Each person's life is a story, and within our story are themes and patterns that point to underlying, unconscious processes. The degree to which we are aware of these processes affects our choices about how we take daily actions, solve problems, behave, and relate to others. We can change our story and in so doing, change our life. "But to change our story we must change, by altering our perceptions and making conscious decisions about how to frame the events of our lives," says author Carl Greer. Interweaving shamanic journeying, Jungian active imagination, and psychotherapy, Greer has developed an engaging guide for examining our current story that opens us up to what is in our unconscious mind. Not just to unconscious shadow material, but to the wisdom too within the hidden realms, that is intermingled with "the collective mind that we share with Source." And the essence of Source, Greer explains, is agape, or unconditional love. Understandably then, the techniques outlined for psychological transformation are spiritual in nature, and focus on working with the archetypal energies that serve as organizing principles for the recurring themes in our lives. One of the many gifts this book offers is Greer's ability to hone in on the emotional stories we carry, which is how he guides us to begin exploring our current story. Once we have made contact and start to work with our current story, he turns our attention to bringing a new story into being, energetically. Showing readers how they can practice self-directed techniques of shamanic journeying and Jungian dialoguing (active imagination), Greer clearly and thoroughly describes how to prepare for shamanic practices. Then he demonstrates how to work with tools, such as symbols and imagery, ritual, or dreamwork to begin to shape and dream our new story into life. Greer doesn't just understand these techniques; he beautifully shows a deep, personal relationship to them through his own experiences, and through the experience of others who have benefited from these techniques. High praise is given as well for his appeal that we take what we gain from making personal changes at the energetic level out into the world too "to write new stories for society. Change Your Story, Change Your Life is a rich and compassionate guide for spiritual and psychological seekers, and for accessing the inner power to live a better life.

Dr. Greer is a shaman, a psychologist and an excellent writer. I can't believe no one else has thought to combine shamanism and Jungian psychology before, but the two go together perfectly. I have a degree in psychology and have been practicing shamanism for years, and I feel that this book is intelligently written and will appeal to a seasoned practitioner, but is also approachable to a complete novice. There is none of the poor spelling and grammatical errors which characterize so many new age titles put out by small publishing houses. Anyone seeking a complete life makeover, should consider purchasing this book and going through the exercises. You won't be disappointed!

A great source of common sense wisdom for looking at one's life through a different lens. Finding new perspectives from which to examine my life's events and understand my role in transforming an experience from one of suffering to one of enlightenment has been useful to me in my clinical practice of medicine. While life may appear to 'suck' at times, that 'sucking feeling' is actually creation offering us vital lessons that we probably signed up long ago to learn in this lifetime. Changing how I think about those experiences and how they 'live' in me is what Carl's teaching helps to put into perspective.

I am realizing that I can see my past from a much bigger more positive perspective than I could at the time. I can be the "creator" of my future rather than just "react" to life as it unfolds before me. to be exact, by being grateful "in advance" for the perfection that I will witness and experience throughout the course of this day as it unfolds before me.

Something or someone has led you to explore Dr. Greer's new book. If you are seeking life change, this is where you start! His book will allow you to review your current life and identify/focus on the areas that are unfulfilling or need to be brought into balance. Dr. Greer provides you with a clear framework for making positive changes in your life. I have been fortunate to work with Dr. Greer and have personally integrated the techniques and practices in this book to achieve personal growth and transformation. I recommend this book to anyone who is feeling stuck in their current life story and wants to learn how to create a new one!

If you want to learn and understand yourself better this book would be very helpful.

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