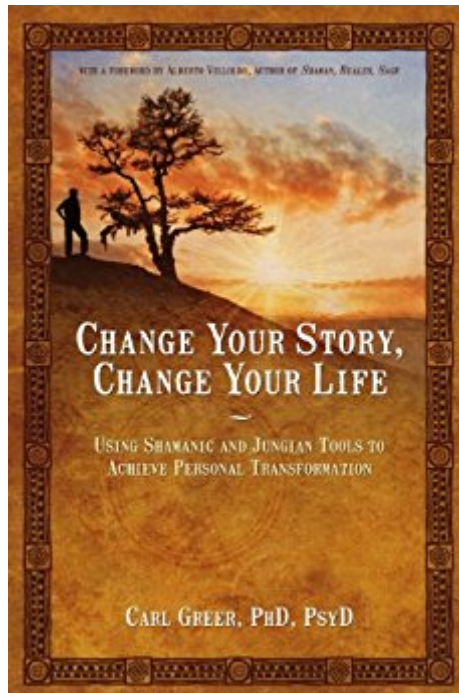


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Change Your Story, Change Your Life: Using Shamanic And Jungian Tools To Achieve Personal Transformation



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.

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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.

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