



Change Your Story, Change Your Life: Using Shamanic and Jungian Tools to Achieve Personal Transformation

Carl Greer , Alberto Villoldo (Foreword)

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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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From Reader Review Change Your Story, Change Your Life: Using Shamanic and Jungian Tools to Achieve Personal Transformation for online ebook

Graham Williams says

Carl Greer graduated with a degree in metallurgical engineering. As a businessman he obtained a doctorate in finance and management. Subsequently he achieved a further doctorate and practiced as a clinical psychologist, is a Jungian analyst and Shamanic practitioner.

The explanations, stories and exercises in his workbook allow for a comprehensive examination of every aspect of our living, from different angles. An examination of past, present and future; of patterns, themes, wounding, aspiration, emotional needs, fears (of letting go, leaving behind power, possessions, paradigms ...) which lead to understanding, insight and practical ways of moving forward.

Greer takes us on an interior 'hero's journey'. "A hero ventures forth from the world of common day into a region of supernatural wonder: fabulous forces are there encountered and a decisive victory is won: the hero comes back from this mysterious adventure with the power to bestow boons on his fellow man". (Joseph Campbell - The Hero With A Thousand Faces Bollingen Series XVII, Princeton University Press 1968)

We journey with the energizing tools and Shamanic rituals of journaling, active imagination, nature, dream work, mindful breathing, and rituals to open sacred space, visualise, conduct internal dialogue, overcome resistances, access our shadow selves and archetypal and metaphorical energies, achieve balance, understand the matrix or web of universal connections of which we are part. We are equipped to reframe and energize our new stories. In doing so we call on, as Joseph Campbell has it: supernatural aid", or a Greer puts it: "the power of agency".

This book is an extremely valuable resource for narrative therapists, life and executive coaches, and anyone wishing to develop themselves.

MR ROBIN COGHLAN says

Loved it.

Loved the intro to Jungian analysis and some of the tools, and comparisons with shamanism. Gained lots of insight and enough practical tools to play with for a good while. Really felt the heart and soul of the author, beautiful integrity and commitment.

Andrea Kastner says

Disappointed.

Angie Mattson Stegall says

I enjoyed this book, though it wasn't as meaty as I expected. An easy, interesting read.

Merel says

I found the first part of this book really inspiring with all the exercises, questions and lots of promises about good tools to work on changing your story. However, when I got to the shamanism & Jungian part of the book I found it disappointingly lacking of substance. It was like the book was written to someone whoop doesn't have any previous understanding of spiritual work and I felt it simplified things far too much, had a bit patronizing tone and just introduced some basic techniques without really tying the things together.

Such a pity. I guess it is a good book if it's your first in the genre but if you've already read dozens of books about shamanism, there's not much you gain by reading this one.
