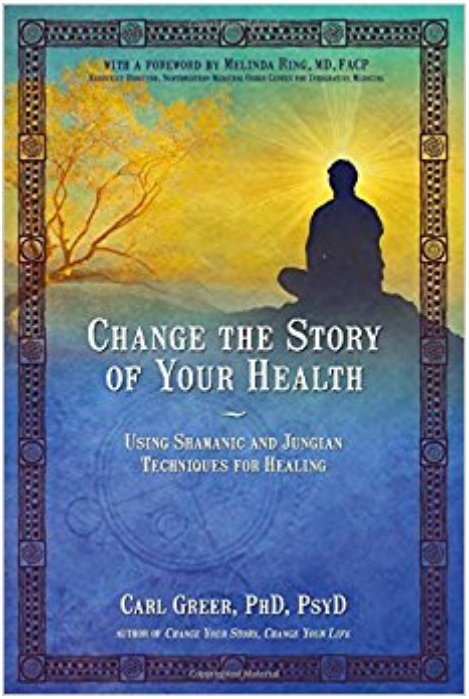
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Change The Story Of Your Health: Using Shamanic And Jungian Techniques For Healing



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Synopsis

Do you want to improve your health? Manage a chronic condition or figure out how to cope with a sudden health issue, like an accident or illness? In his book Change the Story of Your Health: Using Shamanic and Jungian Techniques for Healing, Carl Greer, PhD, PsyDÃ¢â ¬â ¢an award-winning author, clinical psychologist, Jungian analyst, and shamanic practitionerÃ¢â ¬â ¢shows how you can identify your health story and use journaling and expanded-awareness practices to begin changing it, leading to better health and wellness. In this companion to his best-selling and multi-award-winning Change Your Story, Change Your Life, Carl Greer explains that by using the practices offered in this bookÃ¢â ¬â ¢many of which are influenced by Jungian and shamanic traditionsÃ¢â ¬â ¢anyone can tap into hidden resources for healing. The practices empower you to gain insights, balance energies, dialogue and interact with nature, and work with dreams, your inner healer, your symptoms, and more. Whether you are dealing with aging, unexpected health challenges, or ongoing concerns, you will find in this book tools for writing and bringing to life a new health story.

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Customer Reviews

Carl C. Greer, PhD, PsyD, is a practicing clinical psychologist, Jungian analyst, and shamanic practitioner. He teaches at the C.G. Jung Institute of Chicago and is on staff at the Replogle Center for Counseling and Well-Being. Learn more at CarlGreer.com.

Ã¢â ¬Å“Change the Story of Your Health deals with the important topic of the stories we carry about our own health. We may develop these stories out of a sense that we are born with a genetic destiny and our health history is preordained. Other stories are written through experiences with our health that bring us face-to-face with our mortality at vulnerable times in our life. And other stories that we have held precious must change when we receive a new diagnosis and we are challenged to envision a future that is different than expected, yet still beautiful. Throughout this book, Carl Greer weaves in true stories from his patients, journal prompts, and instructions for shamanic journeys, providing a practical guide to understanding your relationship to your health story. Many people suffer when they define themselves by their illnesses and by traumatic experiences related to their concepts of health and mortality. Healing isnÃ¢â ¬â„¢t just something that comes from medicine or surgeries; it comes from a shift in the way we perceive ourselves and our connection to our health and our bodies. The mind is powerful; our thoughts and beliefs make a difference in how we feel and how we respond to threats to our well-being. It is possible to create new stories or views of ourselves that not only change our emotional well-being but also our physical health. I am honored to be a small part of bringing CarlÃ¢â ¬â„¢s influence to others. [An] enlightening book . . . Ã¢â ¬Â• Ã¢â ¬â ¢Melinda Ring, MD, FACP, Executive Director, Northwestern Medicine Osher Center for Integrative Medicine Clinical Associate Professor of Medicine and Medical Social Sciences, Northwestern University Feinberg School of Medicine Coauthor of The Natural Menopause Solution and Coeditor of Integrative Medicine, An Issue of Primary Care

I’m a big fan of Dr. Greer’s work and his latest book is amazing! He blends the spiritual and practical in a unique way that helps and inspires me. I’ve been using the transformation practices from his first book "Change Your Story, Change Your Life" for over a year, applying them to all the major aspects of my lifeÃƒÂ¢Ã â ¬Ã â •relationships (to others and myself), career, creativity, life purpose, and finances. I visit his Facebook page regularly and when I discovered that he just published this new book on changing the story of your health, at first I thought I might not need to read it, as I’m not in the middle of dealing with a difficult health issue. I decided to read it anyway based on all the rave comments on his Facebook page and I’m SO SO grateful that I did. Once again, he’s blown my mind. Once again, I find the stories and techniques in the book are sticking with meÃƒÂ¢Ã â ¬Ã â •I catch myself thinking about them while I’m driving and in the middle of chores, and when I take a moment to do one of his exercises, it feels like a little present I’m giving to myself. I can imagine that this book is an ENORMOUS gift to give yourself if you’re living with a health issue. It is also a GREAT gift if you’re dealing with aging, want to improve your health, or are

caring for others. I recommend it highly. While the book is easy and fast to read, its effects are substantial and longlasting.

Very informative, still reading it, and really love it. I am taking a basic shamanism training class here very soon, so this is a very good book for me to read. Highly recommend!!

Love this still working on it

Very well written. Gives you a guideline to changing your life by tellinv a new story for healthier outcomes.

ONE OF THE MOST VALUABLE BOOKS ON HEALTH IÃƒÂ¢Ã â ¬Ã â„¢VE EVER READ. This book opened my eyes to the ÃƒÂ¢Ã â ¬Ã Å“health storyÃƒÂ¢Ã â ¬Ã Â• IÃƒÂ¢Ã â ¬Ã â„¢ve been telling myself for decades. ÃƒÂ¢Ã â ¬Ã Å“I have a high-maintenance body. ItÃƒÂ¢Ã â ¬Ã â„¢s sensitive and fragile.ÃƒÂ¢Ã â ¬Ã Â•Really? My body has handled major diseases, four operations, and three martial arts disciplines. ÃƒÂ¢Ã â ¬Ã Å“Sensitive and fragile.ÃƒÂ¢Ã â ¬Ã Â• Where did I get that idea? Turns out from my dad, who was a major athlete while I was not. After using this book, my new story: "I have a strong and resilient body that will remain healthy until I leave this Earth."WHAT HEALTH STORY ARE YOU TELLING YOURSELF? Dive into this book and find out. Then start using the Jungian and Shamanic techniques to change your storyÃƒÂ¢Ã â ¬Ã â •permanently. And very likely change your health. Carl Greer has been a Jungian analyst and Shaman for many years, and knows how to help you discover the story youÃƒÂ¢Ã â ¬Ã â„¢ve been telling yourself and how to change it.The visualizations and guided meditations he provides can tap into your own healing power in ways that an ordinary state of consciousness canÃƒÂ¢Ã â ¬Ã â„¢t do. Take time to do the workÃƒÂ¢Ã â ¬Ã â •the results will more than repay you. I know personally the astonishing, creative ways in which the mind can provide answers and healing energy.Buy this book and use it like a manual to craft a new, better story for yourself and your health. ItÃƒÂ¢Ã â ¬Ã â„¢s worth every moment you give to it.

I recommend this book for anyone seeking to learn about practical approaches to healing through Jungian and contemporary shamanism. Contemporary shamanism and other New Age approaches to healing deserve to be considered according to the work of their most thoughtful and articulate proponents, not the most most noticed or simplistic. Even (especially) if you may have some

philosophical differences with these approaches, then you should also consider the thoughtful, systematic, and accessible explanations and methods described by Carl Greer in his latest book, Changing the Story of Your Health.Greer lays out a rich array of practices, especially journal-writing and guided meditation (or "expanded-awareness practices"), described in a way that any reader can do at home or in the energizing, healing presence of nature. Many of these could be very useful for anyone working through health issues or aging. He carefully lays out he his case that these are supported by Jungian psychology, shamanism, and neuroscience, which he views as compatible and overlapping. Story is central. As the title conveys, each person's health story, or self-talk and profound, personal perception of health, can be managed and can promote healing The journal and journeys help one to engage the chakras and energies and gain to insights from the individual or collective unconscious. One element of the quest for healing is an attempt to have better physical health, but it is also something deeper, a spiritual quest involving personal growth and mature acceptance. The use of substances is set aside for this book with Greer's statement, "Traditionally, shamans or medicine men or women often worked with sacred plants such as Ayahuasca to assist people in accessing and doing work in transpersonal realms, because of these plantsÃƒÂ¢Ã â ¬Ã â„¢ ability to induce an altered state of consciousness. However, using these plants is not necessary for you to benefit from the expanded-awareness practices you will learn about here." (Chapter 4, location 1246)Greer's language is direct, specific, and accessible. He avoids the vague generalizations that appear in some self-help writings. When explaining neurological information, he keeps the technical, scientific language at a reasonable, user-friendly level. While sharing the common New Age skepticism about overdependence on institutionally managed medicine, he does also describe many examples of complementary use of traditional and medical approaches for positive outcomes.These include his own experience and his wife's, which do not dominate but are included where appropriate in an engaging manner. He opens with the reflection, "As I get older, like many of my peers, IÃƒÂ¢Ã â ¬Ã â„¢m spending more time dealing with health issues. With an ever-increasing number of health experts offering advice, and more specialists, procedures, medications, and treatments becoming available every day, making choices about health can feel overwhelming at times. But I know that each of us has a much greater ability than we think to learn from our symptoms, understand what our bodies need, and access our inner healer." (Acknowledgments, location 99). Closing, he adds, "As I finish this book, IÃƒÂ¢Ã â ¬Ã â„¢m in a state of unknowing about some aspects of my health story. All I can do is work with the practices that IÃƒÂ¢Ã â ¬Ã â„¢ve suggested in this book. ÃƒÂ¢Ã â ¬Ã Â¦ The 'suddenlys' in our lives come unexpectedly and can turn our lives upside down. But such is life."

(Chapter 9, location 3422)What Greer personally believes and practices, he describes in usable detail for others, explained in Jungian and shamanic context. You may be seeking a practical approach, things you can do for your own healing, or aging. This book has many suggestions which I think could be very useful for a grounded, yet optimistic, outlook with real benefits. Or you may simply wish to learn more about Jungian practice and shamanism from the perspective of an articulate proponent. You may, as I do, continue to prefer other perspectives yet also want to understand better what others believe and do in our time. If so, this book is a clear and thoughtful introduction to contemporary shamanism and Jungian healing.

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