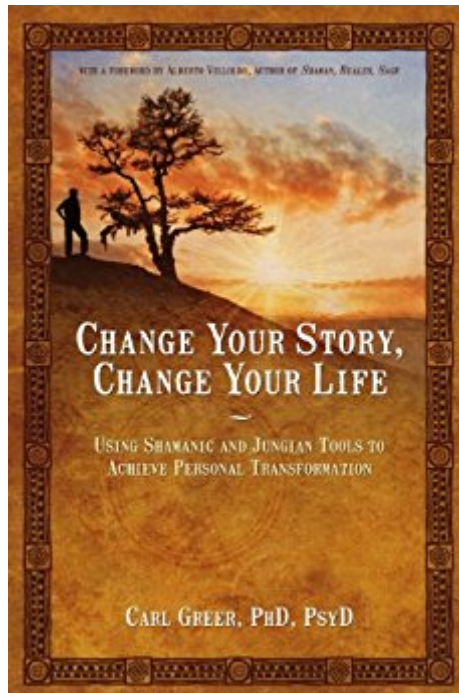


The book was found

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

File Size: 2926 KB

Print Length: 225 pages

Publisher: Findhorn Press (April 21, 2014)

Publication Date: April 21, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00JZBAYGK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #289,077 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Movements > Jungian #152 in Books > Medical Books > Psychology > Movements > Jungian

#171 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Education & Training

Customer Reviews

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.

[Download to continue reading...](#)

Change Your Story, Change Your Life: Using Shamanic and Jungian Tools to Achieve Personal Transformation
Digesting Jung: Food for the Journey (Studies in Jungian Psychology by Jungian Analysts)
Illness That We Are (Studies in Jungian Psychology by Jungian Analysts)
Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating)
Runes for Transformation: Using Ancient Symbols to Change Your Life
Common Core Achieve, Mathematics Subject Module (BASICS & ACHIEVE)
The Muvipix.com Guide to Adobe Premiere Elements 9 (color version): The tools, and how to use them, to make movies on your personal computer using the best-selling video editing software program.
Yoga & Life Empowerment: A Six-week, Self-study Practice Using Asana, Meditation & Diet to Achieve Happiness & Peace
Living with Joy: Keys to Personal Power and Spiritual Transformation (Earth Life Series Book 1)
Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life)
Memories of the Afterlife: Life Between Lives
Stories of Personal Transformation
Ring of Power: Symbols and Themes Love Vs. Power in Wagner's Ring Cycle and in Us- A Jungian-Feminist Perspective (Jung on the Hudson Book Series)
Walking in Light: The Everyday Empowerment of a Shamanic Life
Lessons in Courage: Peruvian Shamanic Wisdom for Everyday Life
Shamanic Reiki: Expanded Ways of Working with Universal Life Force Energy
The Re-Enchantment: A Shamanic Path to a Life of Wonder
Projection and Re-Collection in Jungian Psychology: Reflections of the Soul: Reality of the Psyche Series
A Primer of Jungian Psychology
Amar Traicionar: Casi Una Apologia de La Traicion (Paidos Junguiana /

Paidos Jungian) (Spanish Edition) Dream Theatres of the Soul: Empowering the Feminine Through
Jungian Dream Work

[Dmca](#)