

The Challenges of Exploring and Changing Your Current Story by Carl Greer, PhD, PsyD

You don't have the power to determine every event in your life, so you have written your current story in conjunction with Source. However, you have more ability than you might realize to change your story to a more desirable one. To write a better story, you must first acknowledge what your story has been until this point, although it can be painful to see your story for what it truly is and be honest about your role in scripting it.

Even if you are able to look boldly at your story and yourself, you may find you are afraid to embrace transformation. Most of us are afraid of change. Perhaps we fear being shunned by society, our families, and our friends if we make different choices and take on new roles. Many of us are caught in stories told to us by others: stories about who we are, who we should be, and how we should live. Often, we decide that we don't want to continue being the people we have been, doing what we are doing, but we may be attached to our anger, jealousy, or fear and unwilling to release those feelings. We may also resist letting go of possessions, power, or ideologies, or find it difficult to give up our sense of self-importance, habits, wounds, and desires. We wonder, "If I don't behave in these old ways, who will I be? How will my friends and family treat me? Will I still belong to my group?" The thought of looking honestly at our stories may be too agonizing for us to bear, causing us to live in denial and resist reflection and self-examination.

Our resistance to change binds us to our habits, and we create obstacles to discovering who we are. Often, we can't effectively express our concerns and resentments because we fear rejection and loss. We become indignant or defensive but do not know why we feel that way.

As you contemplate the patterns in your life, you will start to understand that by making a decision to alter your health habits, you may end up altering your relationship or job, or your emotional habits. You might begin to eat better, which will help you to be less depressed, more confident, and ultimately, more assertive with your romantic partners and coworkers. Changes you make in one part of your story will affect other parts.

By shedding the energy of fear, you can let go of what is no longer serving you. Then you can open yourself up to the unfamiliar, seeing it as exciting and invigorating instead of scary. Liberated from your old feelings and ways of operating, you may also find that your desires, goals, and priorities change. It becomes easier to find your courage, discard what is no longer working, and establish new habits because you have brought in the energy of transformation and learned to work with it. Emotional neediness falls away and confidence takes its place as you begin to trust in the process of transformation. You recognize that you are the storyteller of your life and eagerly take up your pen to script a new and more satisfying tale.

What would you like to change about your story? What aspects of your story make you unhappy, uncomfortable, or even ashamed? Most people wish to change their circumstances in some way. Perhaps you want to eat differently, exercise more, or find ways to reduce stress. You might want to be less moody, anxious, depressed, angry, or obsessive. You might seek less conflict, more pleasantness, more connectedness, and more authenticity in your relationships. You might want to change how you feel about certain people or situations. You might hope to make more money, have a greater sense of security, and find more enjoyment. You might desire to be of service in the world and to experience your spirituality more fully.

Changing external circumstances is not easy, however. We've all seen the futility of New

Year's resolutions. It's difficult to trust that we can transform, but we can. However, to change our stories, we must change. We must alter our perceptions and make conscious decisions about how to frame the events of our lives. Are we victims of bad luck, or underdogs who persevere and triumph? Are we unsuccessful wanderers, or free-spirited explorers and adventurers? Does the past dictate the future, or do we truly have the power to envision a new role and story for ourselves and bring it into manifestation with the help of Source?

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