

## Story Telling: Always a Healing Tool?

Predictions about the year 2012 abound. For some, floods and hurricanes are going to wipe out the world as we know it while for others, it is the time for the Second Coming, and we are finally going to see the light and rise into spirit. Some scenarios are based on faith in contemporary technology and its promises of perfect comfort and the conquest of death; others rediscover ancient wisdom from almost lost shamanic sources and their requirement of suffering to access the realm of true power. Some have a scientific "rational" basis such as astronomy or history; others take the esoteric approach of the intuitive visionary.

These are the stories we tell ourselves about our future-not so far away now. Some of those stories are remarkable; indeed, the brain is a remarkable story-making organ. Are they just stories?

Story telling has been passed down through the ages by visionaries, and some of them have sprouted the Bible, the Koran, the I-Ching, Hindu and Greek mythology, as the most wide-spread BELIEF SYSTEMS of all times

Do they serve a purpose? Shamans know that one can use stories to empower healing or destroying. Should we take them literally? That is a matter of point of view. Fundamentalists take stories literally; contemporary intellectuals believe they are metaphors; shamans often use the literal version as a pathway to connect to spirit.

Is story telling an archaic, outdated mode of communication? Story telling continues to this day, but is often not recognized as such. For instance, all the things we tell ourselves about 2012 are story telling. So are dreams, active imagination and movies. Story telling is also sometimes called journeying.

Where does all this story telling material come from? Carl Gustav Jung tells us that it is stored and alive in the Collective Unconscious. Imagine this big library in the sky with everything that has ever and will ever be known about life and death! From how the earth was formed to what remedy will cure your problems, and including your oldest and most repressed memories as well as the pathways that you will need to take in the future.

How does one access this unimaginable source of information? Story telling is most powerful when the teller is in an altered state of consciousness, that is, in a hypnotic state. A hypnotic state is a mind state that opens to the visionary function of the brain while the arousal of the rational left-brain functions remain subdued. This mind state can be attained through actual hypnosis, but also with the help of music, listening to poetry, or painting under the "Wolfart" conditions described in the DVD "[\*Art in the Underworld: Goddess Speak\*](#)" by Jeanrenaud and Gardner (2004).

Can anyone do that? Everyone has the potential for doing it because it is a natural phenomenon. Children usually have no problem doing it. But for adults from a rational culture like ours, it is more difficult because of how we learned to shut out all unconscious material and rely on purely logical thinking. To re-open the pathways, it is often necessary to seek the help of an

expert to guide our first steps into this journey to the other side of knowledge.

What are some of the important stories for us today? This will be the subject of the next article!

- Claudine Jeanrenaud