



Coyote Wisdom: The Power of Story in Healing

Lewis, M.D., Ph.D. Mehl-Madrona

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An in-depth look at the therapeutic and transformative powers of storytelling in Native American and other cultures

- Explores how to create a healing state of mind using stories
- Includes healing stories from Native American traditions and other cultures from around the world
- By the author of the bestselling *Coyote Medicine*

Stories are powerful sources of meaning that shape and transform our lives. We tell stories to track our process of personal and spiritual growth and to honor and respect the journeys we have made. Through stories we are provided with experiences of spiritual empowerment that can lead to transformation.

In *Coyote Wisdom*, Lewis Mehl-Madrona explores the healing use of stories passed down from generation to generation in Native American culture and describes how we can apply this wisdom to empower and transform our own lives. A storytelling approach to transformation starts with how we were created and how we can re-create ourselves through the stories we tell. As we explore the archetypal characters and situations that populate the inner world of our stories, we can experience breakthroughs of healing and even miracles of transformation.

This approach to healing through stories runs counter to the current model of modern psychology. The stories we tell about ourselves may model our lives, but by introducing new characters and plots, we can come to see ourselves in a new way. The author also draws upon the cultures of other indigenous peoples--the Maori, East Africans, Mongolians, Aborigines, and Laplanders--to illustrate the healing use of stories throughout the world.

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