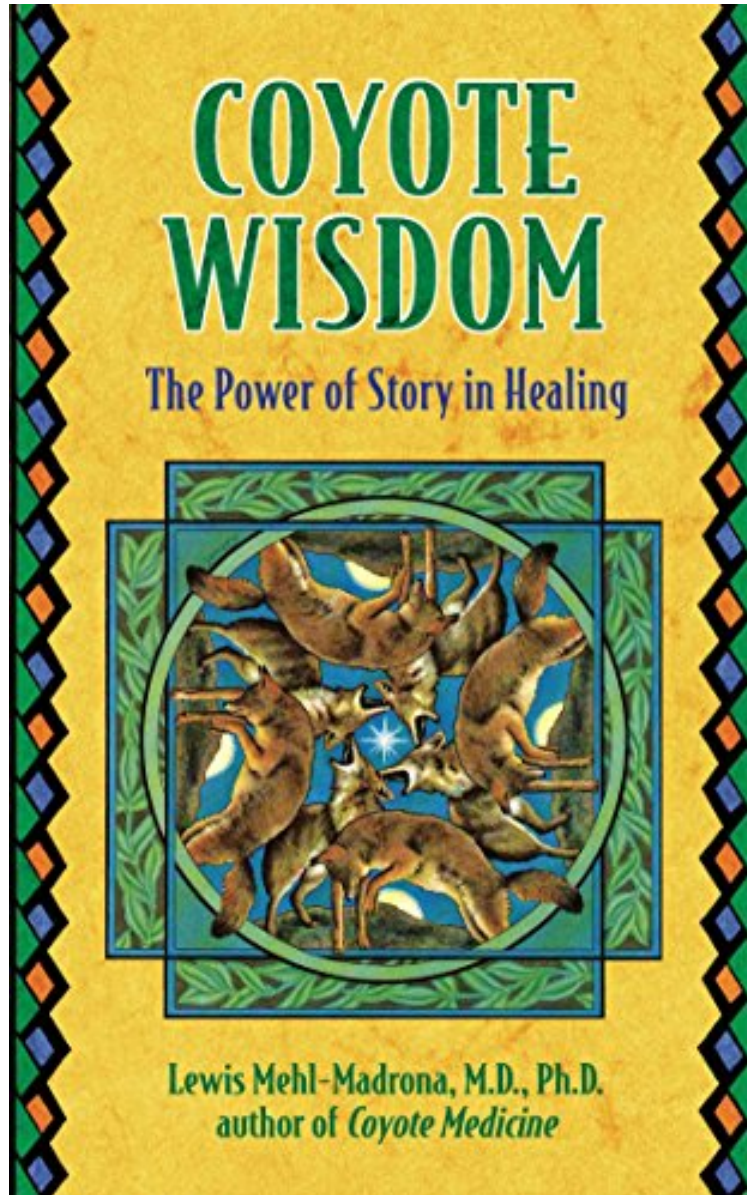


(Read now) Coyote Wisdom: The Power of Story in Healing

Coyote Wisdom: The Power of Story in Healing

Lewis Mehl-Madrona

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#238155 in Books Lewis Mehl Madrona 2005-03-01 2005-03-01Original language:EnglishPDF # 1 9.00 x .50 x 6.00l, .67 #File Name: 1591430291240 pagesCoyote Wisdom The Power of Story in Healing | File size: 29.Mb

Lewis Mehl-Madrona : Coyote Wisdom: The Power of Story in Healing before purchasing it in order to gage whether or not it would be worth my time, and all praised Coyote Wisdom: The Power of Story in Healing:

0 of 0 people found the following review helpful. Coyote Wisdom reviewBy Trevor NealDo traditional healing

practices carry innate wisdom that contemporary medicine can tap into? Does the mind have an effect on healing? These are some of the questions that those looking for alternatives to contemporary western medicine are seeking to answer. For instance, the effectiveness of guided imagery in healing has been demonstrated since Jean Achterburg's book *Imagery and Healing*. Now, in *Coyote Wisdom*, Mehl Madrona demonstrates the importance of traditional storytelling in healing. Seeking to understand his clients from a non-invasive holistic perspective inclusive of their social, psychological, and spiritual selves, as well as their physical selves; Lewis Mehl Madrona began exploring a medical approach which looked at each client's case history instead of just the symptoms. Questions he asked include, How much are we responsible for our health? and Are family illnesses the result of genes or are they the result of memes, and could these memes be transformed? Similar in intent to the dream incubation techniques of the Asclepeions of ancient Greece, Mehl Madrona's approach is that we can change our health through inspiration. He starts his healing method by listening to and sifting through each client's stories, diagnosing the symptoms they exhibit as keys to something deeper, out of hope that by transforming the root of the problem then he would heal the disease. Then he employed the indigenous approach of sharing a transformative story that spoke to the particular needs of each client. Throughout, he disperses anecdotes of clients that were healed by this technique. He also enlightened the reader to his beliefs, and scientific evidence that backed up his beliefs. There are many positives to his approach. Listing them, 1) his approach is of course non-invasive. 2) it is holistic. 3) it utilizes the power of mind and the power of belief 4) it empowers the client to share responsibility for their own healing and 5) it honors the wisdom of traditions. At the same time, critics could point out some negative points. These include the fact that 1) there is much more scientific support for a biological explanation of disease and its prevention. 2) Critics may question how much he utilized the scientific method? Did he utilize control groups? 3) In a related point, Mr. Mehl Madrona discusses the use of sweats and massages in conjunction with his story telling method. How is he sure that his healing was the result of the stories he shared rather than a massage, or a sweat? Possibly this book was written more for a lay audience and that might offer clues into its lack of scientific method. Skeptics may wish to consult some of his scientific articles before offering too many critiques of his themes. Still, I think critics would question his emphasis on storytelling while he combines several different healing techniques. Despite critiques, the redeeming quality of *Coyote Wisdom*, is Mr. Mehl Madrona's main point: that healing should consider the whole person, their mental and social selves as well as their physical selves. He also demonstrates the power of storytelling, and finally he challenges psychology to become more inclusive of narrative approaches to disease and its prevention. It was these themes and of course the stories he shared that made *Coyote Wisdom* a compelling read. 2 of 2 people found the following review helpful. Therapeutic Storytelling By Martha Russo Dr. Mehl-Madrona weaves therapeutic stories from Native American and other cultures which inspire his clients to heal. I was so grateful to find this book and appreciate the examples the writer shares of stories used in conjunction with specific conditions or diagnoses, i.e., eating disorders, mania, lupus and many more. This book is powerful enough to awaken the reader to transformation. 0 of 0 people found the following review helpful. A book to share By Docmitz This book is so full of wisdom that I purchased several to share with friends and colleagues. At a time when so many are suffering the stresses of our sad world, this book is like a gift from the Universe.

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.

From Booklist Mehl-Madrona (M.D., Ph.D.) outlines what he calls "narrative medicine," or a "storied" approach to disease and recovery that can be used in conjunction with standard medical treatment. Believing that answers to illness lie within each patient, he draws on such diverse sources as traditional Native American tales, pop-culture figures, and fictional characters to encourage patients to perceive how their illnesses have allowed them to accomplish a goal, and how to retain or transfer that goal while releasing the illness. One anorexia patient, for instance, attained a level of

"perfection" with her extreme dieting that she couldn't bring about in other areas of her life. Working together, doctor and patient construct stories that externalize illness, rather than making it part of one's character. Case studies cover eating disorders, depression, battering, lupus, and various cancers, and Mehl-Madrona explains how, in extreme cases, the narratives are used to control pain or allow a patient to die more peacefully. A fascinating look at a branch of alternative medicine. Rebecca Maksiel Copyright American Library Association. All rights reserved "Rather than a book of Native American stories, Coyote Wisdom successfully demonstrates how to . . . reinterpret and re-author the story of illness into one of health and well-being." (Alec Franklor, Edge Life, No. 179, Sept 2007)" . . . Mehl-Madrona shows how other forms of story have given his patients power, allowed for their transformation and healing, and shown them their connection with their community." (Sharon Kayne, Crosswinds Weekly, June 2005)"There are few people who would not recognize some piece of their lives in each of these stories." (Sharon Kayne, Crosswinds Weekly, June 2005)Coyote Wisdom is about soul and mind--the shared journey of healer and patient toward insights and images that break us out of our frozen-heart places and transform awareness, and thus permit us to let go of suffering. As a physician and one who also strives to heal patients, not just treat them, I honor Dr. Mehl-Madrona for achieving a practical clinical method in Coyote Wisdom that is woven from the artistry of storytelling in the tradition of his elders and his reverence for the healing power of universal myths. (James Lake, M.D., Chair, American Psychiatric Association Caucus on Complementary and Alternative Me)Coyote Wisdom is a gateway to understanding the importance of stories in rituals and ceremonies. Mehl-Madrona's study of healers is a step forward in explaining the implicit wisdom that healers convey to help people get well. To journey with him is a way to be transformed and healed. (Barbara Biziou, author of The Joy of Everyday Rituals)In this, his third book, Lewis Mehl-Madrona introduces systems narrative medicine, giving professional and lay readers alike a chance to learn the healing secrets of story from a master storyteller. Readers will finish the book inspired by the power of story as a catalyst for healing and enriched with practical guidance on how to access this power. (Pamela Miles, author of Reiki: The Definitive Guide)Lewis Mehl-Madrona has spent many years exploring and developing means of integrating American Indian healing techniques into Western medicine. In Coyote Wisdom, he gives fresh insights into the power of the spoken word to bring forth miraculous healings and fulfill other human needs. His views on the psychology of the miraculous serve as an important contribution to our understanding of native medicine powers. (William S. Lyons, Ph.D., author of Encyclopedia of Native American Healing)With his stories, I have seen Dr. Mehl-Madrona heal patients that all other physicians had given up on. The stories in this book are healing in and of themselves. Just reading them brings hope where there may have been none. (David Servan-Schreiber, M.D., Ph.D., author of The Instinct to Heal: Curing Depression, Anxiety, and)Coyote Wisdom is an inspired book about how the spoken word can transform disease. Lewis Mehl-Madrona offers a perspective much needed by medicine today: that stories matter. Just encouraging patients to tell their stories and listening to them with full attention can increase the probability of spontaneous healings. Doctors and patients have much to gain by incorporating this wisdom into their lives. (Andrew Weil, M.D., author of 8 Weeks to Optimal Health and Spontaneous Healing)In Coyote Wisdom, Lewis Mehl-Madrona writes that patients stories hold clues for how we can best help them. This is another way of saying that beliefs, values, and culture influence treatment. Medicine can work so much better by appreciating this. (Thom Hartmann, bestselling author of Last Hours of Ancient Sunlight and The Edison Gene)Lewis Mehl-Madrona is certified in family practice, geriatrics and psychiatry, and includes Native American traditions in his practice. Healing through storytelling is the principal approach he shares in this book Through these stories, he helps people discover the inner healing resources that can transform their lives, including their illnesses. He reports dramatic successes--often with people who have struggled for many years with their health issues--including anorexia, lupus, victimization through emotional and physical abuse, panic disorder, and more. . . . These tales provide insights into a persons hidden fears and hurts that often underlie and contribute to or even cause the development of many physical and psychological problems. The stories also suggest a variety of solutions and inspire hope that change is possible. (Daniel J. Benor, M.D., International Journal of Healing and Caring - On line)"Coyote Wisdom demonstrates how to successfully utilize characters and plots from movies, books, popular culture and indigenous traditions, to easily reinterpret and reauthor the story of illness into one of health and well-being." (Spirit of Change, Fall 2005)From the Back CoverNATIVE AMERICAN / SPIRITUALITY With his stories, I have seen Dr. Mehl-Madrona heal patients that all other physicians had given up on. The stories in this book are healing in and of themselves. Just reading them brings hope where there may have been none. --David Servan-Schreiber, M.D., Ph.D., author of The Instinct to Heal: Curing Depression, Anxiety, and Stress Without Drugs and Without Talk Therapy Coyote Wisdom is an inspired book about how the spoken word can transform disease. Lewis Mehl-Madrona offers a perspective much needed by medicine today: that stories matter. Just encouraging patients to tell their stories and listening to them with full attention can increase the probability of spontaneous healings. Doctors and patients have much to gain by incorporating this wisdom into their lives. --Andrew Weil, M.D., author of 8 Weeks to Optimal Health and Spontaneous Healing In Coyote Wisdom, Lewis Mehl-Madrona writes that patients stories hold clues for how we can best help them. This is another way of saying that beliefs, values, and culture influence treatment. Medicine can work so much better by appreciating this. --Thom Hartmann, bestselling author of Last Hours of Ancient Sunlight and The Edison Gene 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 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. LEWIS MEHL-MADRONA, M.D., Ph.D., is certified in family practice, geriatrics, and psychiatry and worked for years in rural emergency medicine. He is Assistant Professor of Clinical Psychiatry at the University of Arizona and is also affiliated with its College of Public Health. He is the author of *Coyote Healing* and the bestselling *Coyote Medicine*.