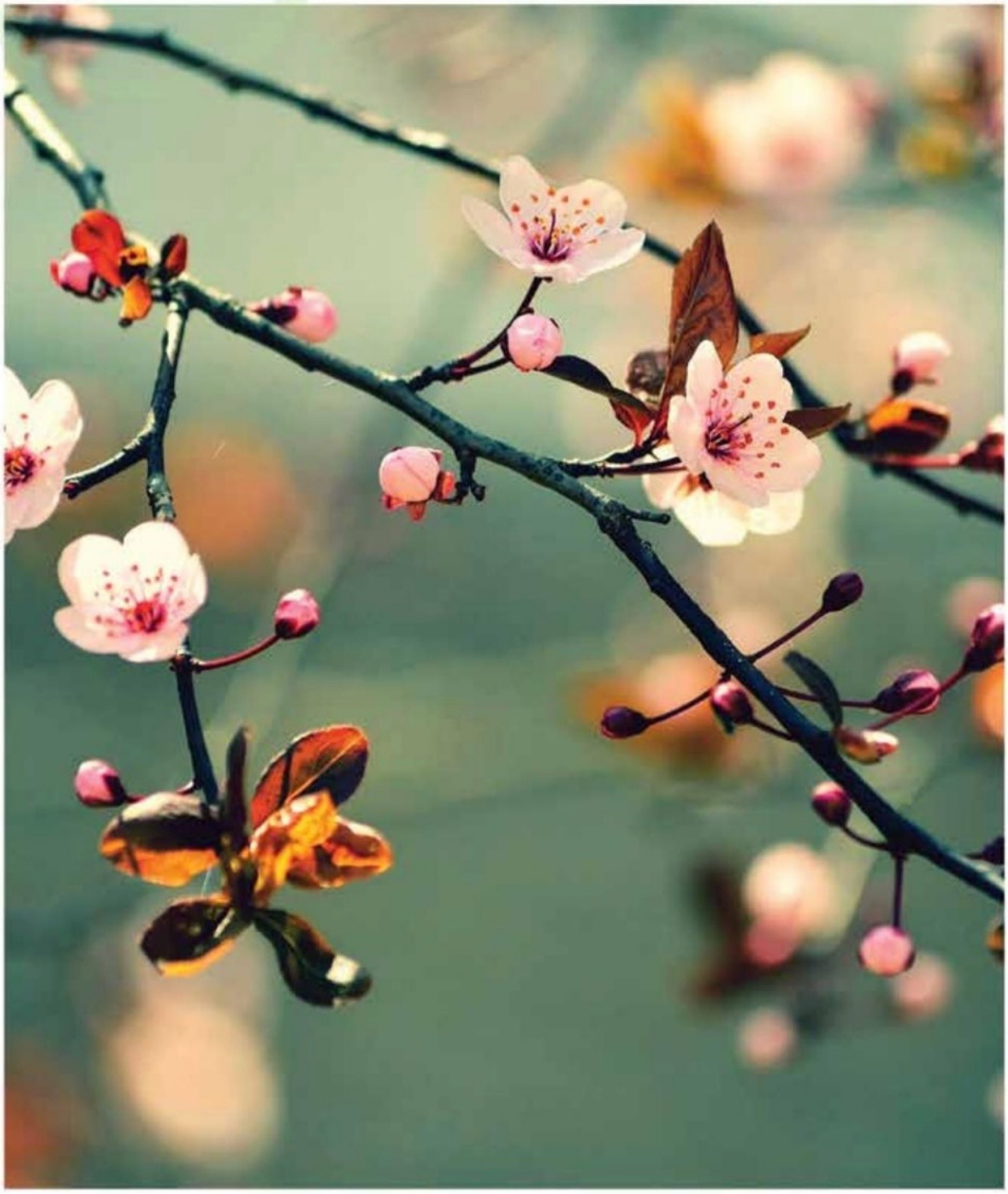
essential wellness

spring 2017 • resources for inner peace, health and healing



The Wisdom of Your Inner Healer

By Carl Greer, PhD, PsyD

HOW CAN YOU boost your immunity, repair damage in your body caused by poor health habits, and improve your health? Identifying what you need to do is often much easier than actually doing it. You might have insights into your health challenges but neglect to connect the dots between your actions and your beliefs and emotions. Those thoughts and feelings may be hidden from your conscious mind. To access them, you may have to become still and use techniques such as meditation and shamanic journeying that let you get past the obstacle of your conscious mind's denial. Your conscious mind may be uncomfortable you are not making progress toward changing old habits and may resist admitting this is the case. The wisdom of your inner healer can help.

A wise inner healer resides within each of us, and it knows why we continue to snack on sugary and salty treats even though we have vowed to break the habit. It knows why we make excuses for not meditating or exercising instead of just doing what we said we were going to do. Awaken to the wisdom of your inner healer and the insights you gain might lead to breakthroughs. Your self-sabotage might cease as you come to work through what your conscious mind has not wanted to face.

Review habits to see which ones sabotage

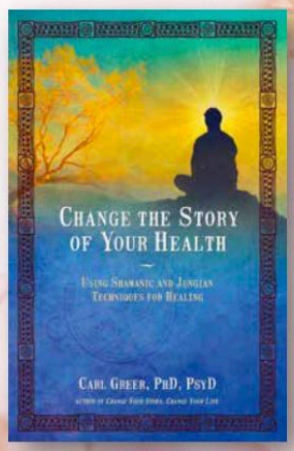
You may be stuck in old habits that no longer serve you because they make you feel happier in the short-run. You might not have considered how you might experience pleasure in the now yet also protect your health long-term. Maybe you enjoy bonding with friends when you eat foods you could get away with consuming years ago, before you developed health challenges related to your poor diet. Bonding with them over wine and cheese like you always did might make you feel accepted, loved, and part of a tribe of energetic people who have endless opportunities and their whole lives before them. There is nothing wrong with wanting to have that experience. But your inner healer might reveal that you are growing older, and that your desire to deny this uncomfortable truth is at the root of your wine and cheese habit you have been trying to break.

Your inner healer might be able to help you resolve this fear by directing you to ways in which you can slow any decline in your health or even regain strength and vitality you had in years past. It might also help

you see that your future can be brighter than you think. Too often, we believe that deteriorating health is inevitable when it is often due to poor health habits that we can correct. You might be able to change what you eat when socializing with others yet still feel youthful and vibrant, and part of a community of friends like you. Your wise inner healer might also help you find other ways to feel healthy and strong. Dancing, meeting new people, or trying out new activities that revitalize you and remind you that you still have energy can help you feel happy in the short-term without jeopardizing your health long-term.

Bringing into the conscious what is unconscious allows you to face your fears and find new ways to overcome them. Having gained invaluable insights, you might find it much easier to make positive changes to the story of your health. Awaken your wise inner healer and see what you learn.

Carl Greer, PhD, PsyD, is a practicing clinical psychologist, Jungian analyst and shamanic practitioner. He teaches at the C.G. Jung Institute of Chicago and is on staff at the Replogle Center for Counseling and Well-Being. Learn more at www.CarlGreer.com.



Click here to visit CarlGreer.com