



Manual of Psychomagic: The Practice of Shamanic Psychotherapy

Alejandro Jodorowsky

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A workbook for using symbolic acts to heal the unconscious mind

- Provides several hundred successful psychomagic solutions for a wide range of specific psychological, sexual, emotional, and physical problems, from stuttering, eczema, and fears to repressed rage and hereditary illnesses
- Details how practitioners can develop unique psychomagic solutions for their patients
- Explains how psychomagic bypasses the rational mind to work directly with the unconscious for quicker and more enduring change

Traditional psychotherapy seeks to unburden the unconscious mind purely through talk and discussion. Psychomagic recognizes that it is difficult to reach the unconscious with rational thought. We should instead speak directly to the unconscious in its own language, that of dreams, poetry, and symbolic acts. By interacting on this deeper level, we can initiate quicker and more enduring change to resolve repressed childhood trauma, express buried emotions, and overcome deep-seated intimacy issues. Through the lens of psychomagic, illness can be seen as the physical dream of the unconscious, revealing unresolved issues, some passed from generation to generation.

In this workbook of psychomagic spells, legendary filmmaker and creator of psychomagic Alejandro Jodorowsky provides several hundred successful psychomagic solutions for a wide range of psychological, sexual, emotional, and physical problems from stuttering, eczema, and fear of failure to repressed rage, hereditary illnesses, and domineering parents. Each solution takes the same elements associated with a negative emotional charge and recasts them into a series of theatrical symbolic actions that enable one to pay the psychological debts hindering their lives. Explaining the shamanic techniques at the foundation of psychomagic, the author offers methods for aspiring practitioners to develop solutions for their own unique patients.

Jodorowsky explains how the surreal acts of psychomagic are intended to break apart the dysfunctional persona with whom the patient identifies in order to connect with a deeper, more authentic self. As he says in the book, "Health only finds itself in the authentic. There is no beauty without authenticity."

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