

## **Indigenous Storytelling: Transformation for Health, Emotions and Spirituality**

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**Abstract :** This literature review documents indigenous storytelling as it functions to help humans face adversity and find emotional strength by aligning with nature. Archetypes in stories can transform the inner world from a Jungian perspective. Joseph Campbell's hero-heroine cycle depicts the structure of stories to include a call to adventure, tests, helpers, and a return as the transformed person can help him or herself and even help their communities. By showcasing certain character traits, such as bravery or perseverance or humility, stories give maps for humans to face adversity. The main characters or archetypes in stories, as Carl Jung posited, provide a vehicle that can open consciousness if a listener identifies with the character. As documented in the review, this has many benefits. First, it can open consciousness to the collective unconscious for insight and intuitive clarity, as well as healing and release emotional trauma. The resultant spacious quality of consciousness allows the spiritual self to present insights to conscious awareness. Research in applied youth development programs demonstrates the utility of storytelling to prompt healthy choices and transform difficult life experience into success.

**Keywords :** archetypes, learning, storytelling, transformation

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