

Story Telling Heals

Knowing and telling your own story is a powerful thing. To paraphrase T.S. Eliot: 'There are those who sit outside the circle and suppose, while the answer resides inside the circle and knows.' Sam Keen, another favorite author of mine, writes that none of us know our own story until we begin to write it or tell it. Personal story telling has enjoyed a renaissance in our culture. We see its healing power found in best selling books, and in health care treatment programs -- from addiction to cancer patients.

The paradox is that we make up our stories as we go along! Surely there are irrefutable facts about our lives, events and circumstances that objectify what happens to us. But it's **the meaning** that we assign to what happens, that creates our core assessments, which in turn, predicts and shapes our futures.

Here's an example in my own life: My father committed suicide by shooting himself in the heart when I was nine years old. Of course there were many details and circumstances about his death, but to my point, I made up my own meaning of the incident from a nine year old's perspective and carried this assessment with me for much of my life. This tragic event launched me into the ultimate quandary about the meaning of life. It has taken much work and introspection to realize that my father gave me the gift of honoring and placing my life in the highest regard. The way I now hold his death -- any death -- has evolved from fear and shame to a **wonderment of life overall**, and my world reflects this wonderment on a daily basis.

The events in our lives provoke our core assessments which create our life stories.

What are some core assessments you have made that make up your story?

What assessments do you have about the world?

Chiropractic?

Relationships?

Money?

Family?

Do you want your assessments to change? Are your core beliefs serving you?

Can they transform and evolve?

What stories do your patients have about their bodies and their pain?

What is their body language -- what story does it tell?

What words are they using?

How about their moods and emotions?

What is their whole story?

What is your whole story?

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FOR HOLISTIC PRACTICE AND LIFESTYLE

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