

The Story we Tell Ourselves

By Dr. Beverly Johnson, DC

Dr. Beverly Johnson will be presenting a 2-hour workshop at Life Spectrums Conference, “Disease and Chronic Pain are Simply Emotional Memories.” A graduate of Palmer Institute, she has maintained a solo practice as a Doctor of Chiropractic since 1995.

History proves that everything of real value takes a long time to gain acceptance. My message is not new – it is, in fact, an ancient message. Yet here at the beginning of the 21st century I find it is still a radical message -- a message that evokes fear and anger.

What is it? My message says simply that: We Are It. We are the author of our life, and therefore the author of our disease. We are the healer, the slayer; the hero, the villain and the trickster of our life. It is us in the record of the family we were born in, it is us in our nature, it is us in our idea, and it is us in our power.

German philosopher Arthur Schopenhauer wrote, “The world is my idea,” in his first sentence of his great masterpiece, *The World as Will and Idea* published in 1818. He believed, as do I, that everything in the world is our idea, our interpretation, our reaction to our life.

What is it in this concept that provokes such fear and anger? If we are it, and we have this knowledge then why would we fear our own idea? A good question would be, “Can we change what we have presented as our idea if we don’t like the result?” Another question would be, if we were lined up at some point in our young lives and came to a fork in the road and had the choice to take the right turn as victim with no recourse or the left turn as decision maker and captain of our ship, which would we choose? We would assume everyone would make the second choice. But, trust me, that whole idea of being our own captain and mapping our destiny, being responsible for ourselves, brings fear and anger. And many a time a spewing of vicious words. I have heard them.

After almost ten years of helping patients who are ready to find their truth; their emotional basis of disease, chronic pain,

and accidents, I have validated my belief. I now understand all symptoms are simply metaphors. We throw up our diseases as metaphorical symbols as simply as we present metaphorical symbols in our dreams. If we see our disease as fact, we have missed the message that our mind or spirit presents.

There is continuity; a common thread that occurs throughout all of our diseases, chronic pain, and yes, even the accidents in our lives. And that common thread is this: that there is only one disease in the world retold in many guises. Each variation in the great biological ground of disease is our guise, our own story.

Joseph Campbell, author, mythologist, and lecturer taught us how to live a better more meaningful life in this world. He said if we are going to help people in this world, we have to teach them how to live in it.

Campbell kept reminding us that the goal for the quest of our individual lives was to find that becoming thing, that burning point in ourselves that is fearless. He taught that this burning point inside each of us is that impulse to live our life as a warrior that goes to battle with perfect courage. Did he give us any clues as to how we find that in ourselves? He told us to "Follow your Bliss." And then he said something like this, "Each individual has a potentiality and the function of life is to live that potentiality. How do we do it? There is something inside us that knows we are in the center, and that knows whether we are on the beam or off the beam. And if you get off the beam to earn money you are off track."¹

These are powerful words. We should feel our guts stir with excitement knowing we came with our own individual potential for a unique life.

But it is at this point we get into trouble. Think of walking up to a gate that we must go through to live that becoming thing in us that Campbell talks about. As we start to walk through it, it is as if all of our doubt and fear presents itself in many forms. These are our mind's gatekeepers. They say things like, "Oh, you couldn't do that." "Who do you think you are?" "Fool -- do you know how risky that is?"

So we can't step through the gate, and we can't turn around and tell our friends and family, who are watching us, that we are afraid and that we feel like a coward and can't take the risk we

¹ The Power of Myth with Bill Moyers Program Six Masks of Eternity.

need to take. We can't say "I want reassurance instead of uncertainty. I want security instead of risk." So we subconsciously present a means to evoke sympathy – a symptom to fit the occasion. Then our friends and family will believe the disease is the first and foremost reason why we can't get through that gate. They will feel sympathy instead of seeing me as I see myself – cowardly and scared. Now they will never know my truth.

So aside from a message of truth, what is it I bring with my work? I ask silent questions to the patients mind through their body. The body is also the mind, remember. The information is specific to their life. What are we asking? We are asking for the reason the chronic pain or disease is there. I guess we are really asking for that story you told yourself when you couldn't go through your gate. I will help you change the way the subconscious memory stores this information. And if you are ready the gate is still there and it is still open.